

Welcome to Bavaria



Welcome Edition

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch

Spring 2010

Healthy Options

Navigate your way through
the overseas health
care system

Pages 8 - 9

Second Chance

Find treasures for yourself and
give back to the
community at the same time

Page 15

Backyard Gems

Discover three must-see
towns an hour from
your home

Pages 22 - 23

Welcome to Grafenwoehr

An area rich in history, culture and tradition and one committed to our Army community

The entire Grafenwoehr military community welcomes you to the Oberpfalz region of Bavaria – an area rich in tradition, culture and history that is dedicated and committed to supporting you – our Soldiers, family members and civilian employees during your stay here in Germany.

As you get to know the garrison and the surrounding communities, you will quickly come to realize that the people of this area, the location of our garrison, and the commitment the Army has made to our military community are outstanding:

The People

The Grafenwoehr and Vilseck military communities are located in a rural area of northeastern Bavaria, also known as the Oberpfalz or “Upper Palatinate” region. Close to the border of the Czech Republic and former East Germany, the German people appreciate our presence and what the U.S. forces did to help them secure their freedom and re-establish democracy at the end of World War II.

This sense of acceptance by the local people is further reinforced by the number of local German employees who serve on the garrison staff. Comprising more than 70 percent of the workforce, they provide the long term stability that allows us to continue to provide quality service to all of our customers. Many have served in our garrison for 30-40 years.

They like their jobs, and they like Americans. They will adopt you when you arrive and they’ll work to include you in all kinds of fests, celebrations and events. Many of them trace

their lineage back to the Middle Ages. Fishing fests, May Pole raisings and other local fests take place practically every weekend during spring through fall, ensuring your tour in Germany is a fun-filled experience.

The Location

The Grafenwoehr military community is comprised of two cantonment areas divided by an immense live-fire training area. The Grafenwoehr Main Post is located on the north side immediately adjacent to the German city of Grafenwoehr, and Rose Barracks is located on the south side near the German city of Vilseck. Our community is between the north-south Autobahns 9 to our west and 93 to our east, with close access to the major east-west Autobahn 6 located to our south, which connects western Germany to the Czech Republic.

We are close to the Czech Republic and the former Eastern portion of Germany. By car, we are two hours north of Munich, while Regensburg and Nuremberg are only an hour away; Berlin, Germany’s bustling capital, is four hours away, while Prague, the capital of the Czech Republic, can be reached in only two hours. Arguably, the best skiing in the Alps can be accessed in three to four hours, and there are even local ski areas within an hour from our community.



Simply put, you could not ask for a better location to see Europe than being stationed in this area, and we encourage all of you to make lasting memories during your tour here; dust off your exploring shoes and experience Europe!

Army Commitment

Back in 2000, the Army elected to station additional forces in Grafenwoehr.

Along with this decision, the Army invested nearly a \$1 billion into the community in an enduring project known as Efficient Basing Grafenwoehr and other complementing transformation efforts. This commitment has yielded a 24-pump AAFES gas station on Main Post along with a shopette; a shopette in the 800-unit Netzbarg housing area; consolidated medical and dental clinics; a 600-seat dining facility on Main Post; one of the largest AAFES / DeCA complexes in Europe; and renovation and modernization of existing facilities across the garrison.

We have a variety of homes located on Grafenwoehr’s Main Post or Rose Barracks, also known as Vilseck, or integrated into our local German communities in either our built-to-lease communities or private rentals. Combined with Department of the Army 1 + 1 barracks for our single Soldiers and state-of-the-art physical fitness center, Grafenwoehr’s Main Post and Rose Barracks have definitely changed for the better, supporting our growing Soldier, family member and civilian populations.

See GRAFENWOEHR, page 26

Minister president bids all ‘Gruess Gott’

Dear American Soldiers, family members and citizens:

The Pentagon has sent you to Bavaria for a tour of duty and to serve your nation and the north Atlantic alliance.

In my function as the governor of the free state of Bavaria and in the name of all Bavarian citizens, I cordially welcome you with a Bavarian “Gruess Gott.” I hope that you will feel at home here although far away from home. It is our goal to make your stay in Bavaria as pleasant as possible, especially if it’s your first one. Whether you are stationed in Grafenwoehr, Vilseck and Hohenfels or in Ansbach, Illesheim, Bamberg, Schweinfurt or Garmisch, you will be met by friendly people who are happy to receive you here. Bavarians sometimes appear to be tough on the outside, but we are in fact gentle people on the inside.

Today, the U.S. Army can look back at 60 years of history in Bavaria. At the end of World War II it freed us from the barbarian Nazi dictatorship and during the Cold War it protected our interests against those of the Soviet Union and eventually contributed to the fall of the Iron Curtain. American Soldiers risked their lives and health for our common values such as freedom, justice and human dignity. The close friendship between the United States of America and Germany and Bavaria, respectively, is based on those values.

It is a fundamental concern of Bavarian politics to constantly renew and strengthen this close friendship. Germans gladly remember the care packages after the war, AFN, rock ‘n’ roll, Woodstock or Nashville, things which made our life more livable and interesting.

Bavaria has traditionally been home to the military. It was already well-respected by the population during the days of the Bavarian Kingdom (through 1918). At military installations, Soldiers quickly became an



integral part of the communities’ social life with the formation of the German Armed Forces (Bundeswehr) in 1955.

This also applies to the foreign military forces stationed in Bavaria, especially the U.S. Army. Bavarian politicians and citizens enjoy visiting the events held at the various U.S. military installations. This interaction also ensures continued relations with U.S. Soldiers and their family members who live in Bavaria. A lot of those contacts last a lifetime.

Our state has significantly advanced in the years after World War II. However, Bavaria has always kept its inherent traditional characteristics. The remarkable structural change from an agricultural state to a dynamic economic region was continuously and systematically planned and supported by the Bavarian state government. It strengthened the state’s amiability as the home of its citizens, preserved its cultural and regional diversity, while simultaneously putting it on a new foundation that is based on its economic vitality. “Laptop and Lederhose” is an often quoted catch phrase.

Americans who live in Bavaria value our art of living, the literal Bavarian “Gemuetlichkeit” and the excellent food and beverages, as well as our cultural treasures and the diversity and beauty of the Bavarian landscape. Weisswurst with brezen, bratwurst with cabbage, Bavarian beer, Franconia wine, Oktoberfest and Neuschwanstein, Berchtesgaden, Chiemsee and Zugspitz are just a few catchwords.

This “Welcome Guide 2010” will inform you about Bavaria’s peculiarities. I recommend that you get to know our beautiful state in your leisure time. I am sure that you will learn to love it, too. Like many of your predecessors, we hope that your time spent here in Germany is filled with many fond memories.

I wish you a successful tour of duty in Bavaria and send you my best wishes. God bless you.

Horst Seehofer
Bavarian Minister President

A note from the editor



On the Cover:
Art by Leah Beilhart.
Design by Molly Hayden.

Gruess Gott! In addition to extending the official welcome from the garrison commanders, the staff here at the *Bavarian News* has done its best to make this special edition especially inviting.

The community you are joining is diverse and spread over a large portion of Bavaria. Whenever possible, we’ve attempted to engage those different viewpoints and consolidate them into a comprehensive package that will apply to most of the population.

However, this edition is meant to be a starting point, a window into the community, and it’s very possible we missed some important topics in our consolidation. If you discover something that would have eased your transition into the community, please let us know so we may incorporate it into

the next welcome edition.

This year, your community input helped make this truly a special edition. Leah Beilhart, a senior at Vilseck High School, created the cover art and 11th-grader Dane Gray, also from VHS, produced the art behind the index on this page.

Also, though it’s contrary to standard journalistic style, we’ve incorporated first-person accounts from the community, written in more of a commentary style, because this is one way in which we receive valuable information. You could read several reviews on a restaurant and still have less of a feel for whether the food is good there, but when a friend recommends a specific place, you’re a lot more likely to have a positive experience.

Finally, be on the lookout in various sections for “Ein bisschen Deutsch,” (a little bit of German) which includes a few useful phrases to use out in town. You can also find German phrase books and travel guides at your post library.

For bridging the cultural divide, your post can offer numerous resources, like free access Rosetta Stone and books at the library, but don’t stop there. Get off-post and out into the community, butcher the language trying to order food – the important thing is to try, and really experience the culture while you’re here.

From everyone in the U.S. Army Garrison Grafenwoehr Public Affairs Office and *Bavarian News* staff, welcome to Bavaria. This is your community, your newspaper and we’d like to hear from you.

Index

100 years

Grafenwoehr prepares for its centennial celebration in June

Page 4

Education

Resources abound for students of all ages

Page 6

Health Care

Know your health care options on and off post

Page 8-9

Pets

Caring for those four-legged family members

Page 10

Services

ACS and self-help stores can assist you in getting set up

Page 12

Taxes and Utilities

Figuring the ins and outs for VAT forms and utilities

Page 13

Second wind

Local thrift stores are the perfect balance between giving & receiving

Page 15

Religious Services

Chapel services and programs in your community

Pages 18

Outdoor Recreation

ODR has you covered when it comes to the great outdoors

Page 20

Festivals

Discover culture and tradition through your town’s local events this year

Page 21

Local Gems

Consider three must-see places within an hour from your home.

Pages 22-23

Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch

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USAG G Commander

Col. Chris Sorenson

USAG G Public Affairs Officer

DSN 475-8103, CIV 09641-83-8103
Kim Gillespie

Bavarian News Editor

DSN 475-7113, CIV 09641-83-7113
Jeremy S. Buddemeier

Assistant Editor

DSN 475-7775, CIV 09641-83-7775

Trecia Wilson

Grafenwoehr Correspondent

DSN 475-8886, CIV 09641-83-8886

Molly Hayden

Garmisch Correspondent

DSN 440-3701, CIV 08821-750-3701

John Reese

Schweinfurt Correspondents

DSN 354-1400, CIV 09721-96-1400

Eva Bergmann, Nathan Van Schaik

Hohenfels Correspondent

DSN 466-4917, CIV 09472-83-4917

Kristin Bradley

Ansbach Correspondent

DSN 468-1600, CIV 0981-183-791

Ronald Toland

New facilities, hospitality make Ansbach a great place to live

Welcome to “Your Army Home” – USAG Ansbach! You will find the Ansbach military community and the cities of Ansbach and Illesheim a wonderful place to live, train, work and have fun.

Throughout the garrison and the surrounding communities you’ll find the people are friendly and always willing to lend a helping hand – and local official and agencies stand at the ready to help make life wonderful for our Soldiers, civilians and family members.

This garrison is on the way to becoming the garrison of choice throughout the Army in Europe. Since being named as one of the U.S. military’s enduring installations in Europe, we’re moving forward with renovations, building new facilities and building a large townhome neighborhood with an adjoining shopping center at the former Urlas Training Center.

Since 2007 USAG Ansbach has had 27 projects totaling around \$25,499,000 that have renovated Soldier/family housing, stairwells and du-

plexes. We also have two barracks projects that are likely to begin this spring.

This year, we are planning to begin construction of a new commissary and a new post exchange at Urlas. A new fitness center on Katterbach Kaserne begins in 2011.

You’ll find that we have wonderful schools here in Ansbach with teachers and staff that truly go above and beyond in making sure children receive a top-notch education. With the small size of our schools, combined with the caring natures of those who work in them, children also receive personalized help in dealing with issues such as the challenges of living overseas and



the deployment of parents.

I urge you to explore the wealth of resources available to you and your family from our Army Community Service and other organizations that stand ready to make your assignment here one that you will remember for a lifetime.

From our People Encouraging People newcomer’s program, to financial advisers, to employment help, to personal counselors, to deployment readiness assistants and so much more, this community is well-resourced with people who care and will do everything within their power to help you.

I ask you to get involved with our great team that we have here – volunteerism is alive and well at Ansbach, and the entire garrison and community benefits from people. We also work to be good neighbors in the local German communities through our people volunteering throughout the area, supplementing local emergency services, adhering to all host nation governmental laws and

regulations, and shopping, living and having fun among our hosts.

All of this is going to make Ansbach an even better assignment than it already is, and I assure you that this is one of the best assignments anyone can ask for. You just can’t beat the warm, friendly atmosphere, the tremendous history of this area and, Ansbach is located right in the middle of Bavaria in southern Germany.

To make your tour enjoyable get connected to the community, organizations and go explore beautiful central Europe. Please let us know if there is something we can do better to make this an assignment you will cherish the rest of your career.

*Col. Christopher Hickey
Commander, U.S. Army
Garrison Ansbach*

Garmisch boasts unparalleled options for outdoor recreation

Welcome to the U.S. Army Garrison Garmisch, site of the 1936 Winter Olympics and is scheduled to host the games again in 2018! Our mission is to consistently provide exceptional programs and services to our customers in southern Bavaria. We constantly strive to provide superior operations support services, as well as enhance the readiness and quality of life for America’s warriors living and working within the garrison’s tenant units, our retiree population and visitors.

Artillery Kaserne in Garmisch-Partenkirchen dates back to a groundbreaking ceremony Sept. 25, 1935, when it was first established for the Wehrmacht’s elite mountain troops. After the war it continued as a military hospital, German prisoner of war camp and refugee housing area. The arrival of the American 10th Armored Division in 1945 was the beginning the U.S. Army’s presence in this beautiful alpine community. Being two tourist towns joined together for the ’36 Olympics with plenty of pre-existing guest lodging, Garmisch-Partenkirchen was a suitable location for thousands of GIs.

USAG Garmisch comes under the authority of USAG Grafenwoehr. It’s a close-knit, hard working community of all branches of service and Department of Defense civilians. Our primary focus is to meet the support needs of our warriors, civilians, family members and retirees. The garrison consists of the main post on Artillery Kaserne and tenant units like the George C. Marshall Center for International Studies and the AFRC’s Edelweiss Lodge and Resort on Sheridan Kaserne, and the NATO School at



Oberammergau. Medical support for the community is provided by Bundeswehr facilities nearby in Mittenwald.

Although smaller in scale than many other Army communities, USAG Garmisch has much to offer when it comes to quality of life, and provides support to the nearly half-million annual AFRC guests. The garrison is home to an IMCOM-Europe award-winning small-garrison library, arts and crafts center, recreation center, and sport and fitness programs. Artillery Kaserne recently improved on-post military housing and

offers AAFES and Defense Commissary facilities, Child Youth Services, the Garmisch Elementary and Middle School, and Alpine Experts to advise, create or guide sledding, ski, snowboarding and other winter activities.

For general command information about ongoing news throughout Bavaria and matters of interest and concerns within the USAG Grafenwoehr footprint, The Bavarian News is published every two weeks. AFN Radio and Television Europe have receivers and transmitters on post providing programming in English, plus a variety of German and foreign language television stations.

The biweekly garrison community newsletter provides information on current FMWR recreational opportunities such as

skiing, traveling and hiking, sports and activities on the German economy, as well as a mix of local fests and holiday events. The newsletter also has the Director’s Notes to keep the community up to date on the latest and most important command information, listings for the English language movie theater in Munich, a trading post, and in-depth tips about Bavaria written by a local.

The garrison Web site, at www.garmisch.army.mil and with the latest information, took off in 2009 with tens of thousands of hits quarterly from around the world.

Garmisch-Partenkirchen is an ideal location for trips and visits to nearby local German sites of interest, including Germany’s top tourist attraction, King Ludwig’s Neuschwanstein Castle. The natural wonders of Partnach Gorge, Germany’s tallest peak the Zugspitze are almost in town, while the Alps of Austria, Switzerland and Italy are nearby.

Again, welcome to the U.S. Army Garrison Garmisch. If you’re visiting we trust it will be a pleasant one. We encourage your feedback through ICE cards or directly to the garrison public affairs office through our Web site.

If you’re fortunate to be stationed here, you’ll soon learn why our motto is “It’s great to be here!”

*Karin H. Santos
Manager, U.S. Army
Garrison Garmisch*

USAG Hohenfels’ small town charm worth its weight in gold

Welcome to U.S. Army Garrison Hohenfels, where a small town atmosphere and easy access to Europe’s great cities combine to create one of the Army’s best places to live and work.

Located in the beautiful free state of Bavaria, Hohenfels is home to the Joint Multinational Readiness Center that continues a long tradition of proudly providing premier, vital military training for American and multinational forces during a time of persistent conflict.

More than 20,000 U.S. and allied Soldiers train here each year on the thousands of acres of land, tank trails and mock villages that surround main post. As stewards of that land, one of our missions is to sustain and protect the natural environment to ensure its continued prosperity.

The garrison’s main mission is to support the world-class Soldiers and families stationed at Hohenfels. Last year we reopened our post gym after a \$3 million renovation and expansion project, introduced a brand new Kid’s Play Zone and Java Cafe to the Community Activities Center and recently relocated the Pxtra, Military Clothing Sales, car rental, dry-cleaning and more to

a renovated Building 9 near the PX as part of our Main Street Hohenfels concept that conveniently consolidates most major post services along one stretch of General Patton Drive.

In addition to these recent improvements, we have always had a dedicated workforce of German and American employees who keep the post running and as a newcomer you will find an array of services to help you settle in.

Army Community Service and their Relocation Readiness Program are great assets, with resources such as the Lending Closet, a “Survival German” course and Hallo Hohenfels, a week-long program that orients spouses to life both on and off post.

Though some of our families live on post,



most reside in government leased quarters in surrounding German communities. You will find that our German neighbors are warm, welcoming people and I urge you to explore the local culture by participating in German traditions such as fests in the spring and fall.

Your best English-language resources about events both on- and off-post are the daily News Briefs and weekly Hometown Happenings newsletter produced by the garrison Public Affairs Office. Any Soldier, family member or civilian can sign up to receive these products by sending their email address (either military or personal) to USAGHpaonewsbriefs@eur.army.mil. You can also search for U.S. Army Garrison Hohenfels on Facebook, follow us on Twitter at <http://twitter.com/usaghohenfels>, or visit our Web site at www.hohenfels.army.mil for useful information such as the post phone book and road conditions. During your time at Hohenfels, these resources can help you discover all Europe has to offer.

Hohenfels is within easy driving distance of Munich, Berlin, Cologne, Prague, Salzburg

and countless other cities and is a short plane ride from other cultural gems such as London, Paris and Rome. You have a unique opportunity to visit and experience a part of the world that many Americans will never have the chance to see; I urge you to take advantage of it. Our own Directorate of Family, Morale, Welfare and Recreation offers many low-cost bus trips each month for skiing, shopping and sightseeing to locations such as Poland, Austria, the Czech Republic and numerous cities within Germany.

Hohenfels has long been a great place to call home and during your stay here we will continue to make it even better.

No matter what brought you here or how long you plan to stay, I hope you enjoy your time in Germany. Welcome to Hohenfels!

*Lt. Col. Kevin Quarles
Commander, U.S. Army
Garrison Hohenfels*

Schweinfurt residents can take advantage of ideal location

Welcome to Schweinfurt! One of the most dynamic cities in Germany, Schweinfurt has proved to be a great place to live, work and visit. We value each individual – Soldiers, family members, civilians and local nationals – who make up this great military community and recognize their contributions that help make this community flourish. The enduring hospitality, partnership and bond of our surrounding German friends has helped this community thrive day in and day out. We have a great relationship with our local Lord Mayor and Landrat, and the U.S. Army has developed an extremely close relationship with the local communities. As a matter of fact, over 80 percent of my workforce is German, and many have worked for our Army for 35 years or more.

Everyone is extremely proud of the service they provide to our Army family. Whether they’re in uniform or not, paid or volunteering, the workforce of U.S. Army Garrison Schweinfurt is dedicated to the Soldiers and families. We are a team and are proud to call ourselves one family.

There is a saying “people make the place.” Here in Schweinfurt, that has remained true. We are a fairly large community, yet have maintained a small town feel, making everyone feel at home.

Although the Schweinfurt community houses 44 units and agencies, comprising of more than 12,000 Soldiers, family members and civilians, we are located on a somewhat modest campus and strive and succeed to meet the needs of our residents.

Within the last few years, we have worked hard to improve our community resource centers, such as the Middle School Zone,



the Army Community Services Center, the Education Center, the shopping mall area, vehicle registration and restrooms in community facilities, to name a few. It is my goal to serve you and meet the needs of the garrison head-on.

Upon arrival to Schweinfurt, I believe that the key to success is to get involved. There are countless opportunities to showcase your talents and we encourage you to get out and meet people. An assignment to Schweinfurt is a great opportunity, so to take advantage of it. We are about a four-hour drive from a number of great locations to include Poland, France, Switzerland, Austria and Czech Republic. However, you don’t need to drive four hours to enjoy yourself. Schweinfurt is in the heart of the Franconian wine land and offers much to enjoy in the surrounding areas throughout all seasons of the year.

In the summer, you can take in rich German culture in the form of fests. And in the fall, the Federweissen season is here along with the authentic Franconian Schlachtschussel. It is only in Schweinfurt can you experience this!

In the winter, enjoy the slopes in the Alps, or visit the nearby Wasserkuppe in the Rhoen Mountains. There’s much to do year-round for all tastes. Our Army Community Service offers a wide

variety of services to assist newcomers in adjusting to their new surroundings, including the Schweinfurt Newcomers Awareness Program for Spouses, or SNAPS, and Giving Understand to Teens in Schweinfurt, or GUTS (for details, see page 12).

These programs are designed to provide you with an orientation not only to the garrison and how things operate, but also to become familiar with the greater Schweinfurt community. Participants will have an opportunity to learn how to use the German bus and train systems as well as get an introduction to shopping in German stores. ACS is a great, one-stop resource to use when you have any questions. Whether you need to know about Army life, the garrison, or life in Germany, ACS can help you find the answers and information you need.

Overall, we have two main installations which offer a full range of services. And we are also home to one of the largest training areas in Europe, where tens of thousands of Soldiers have trained over the past few years, with the only Air Assault certified training area in Europe. We are proud to call Schweinfurt our home.

I hope that you and your family enjoy your time here in Schweinfurt. We are here to support you in every way.

*Lt. Col. Everett Spain
Commander U.S. Army
Garrison Schweinfurt*

Architect Juergen Sievers, chief of the Bavarian Army Construction Office, envisioned a large sprawling training area, designed in the Franconian style.



Grafenwoehr celebrates 100 years of training excellence

This year, the Grafenwoehr Training Area (GTA) commemorates its 100th birthday, June 30. The community will have many opportunities to celebrate this momentous occasion, beginning with the German-American kick-off event at Rose Barracks, May 13, and ending with the Fourth of July fireworks display at the main post in Grafenwoehr, not to mention many other activities in between.

For more than 100 years, Soldiers across Europe who have come here to train and live at GTA have found a hearty Bavarian welcome by its citizens and that same open and friendly welcome can be found in the towns and cities that surround the training area.

The state of Bavaria holds a special place in the memories of countless U.S. Soldiers and civilians who were stationed here during the past 65 years, a friendship, respect and cooperation that is reflected in the 100th anniversary logo.

It's an exciting time. More than 100 years ago, neither the architect, Juergen Sievers, who drew the first plans for the GTA, nor the members of the Bavarian 3rd Corps, who fired the first fateful round, knew it was the beginning of a long history of training, mentoring and developing Soldiers — a history of which we are so proud.

One hundred years from now, scholars will no doubt look back at our time, our anniversary, and reminisce about how we stood at the forefront of training Soldiers using digital training and computers. They will reflect on the accelerated technologies we use, which may perhaps be long antiquated for them.

For sure, the legacy to outlive the

technology, tactics and techniques practiced today is found in the history and bonds formed between the U.S. and German community here.

This celebration begins with the recognition of the great partnership, and cooperation fostered between the local government and the host nation citizens that welcome us in the community. Your hospitality makes this a home away from home for many U.S. Soldiers, civilians and family members that come from so far away.

This community also welcomes our visitors who come to train here from all over Europe and Africa. The training we do here prepares U.S. and multinational Soldiers for their missions elsewhere, and would not be possible without you.

In closing, I would like to thank the host nation employees for their countless contributions to the mission. They bring a special corporate knowledge that can't be reproduced anywhere else.

I would be remiss in my duties if I did not recognize their superior work ethic and commitment to our Soldiers and civilians.

In addition to these host nation employees on the installation, our great team includes the citizens just outside our gates and our Soldiers, civilians and family members.

Mission, Team, Teamwork.

*Brig. Gen. Steven Salazar
Commanding General,
7th U.S. Army Joint
Multinational Training Command*



The iconic Grafenwoehr Water Tower, 40 meters high and built in the Franconian style, was designed by the architect Sievers and built by the construction firm of Peter Weiss, whose firm was based in the nearby city of Weiden. The slate board they are photographed with reads: "In memory of the of the construction of the water tower at the soldiers training area Grafenwoehr from the firm of Peter Weiss, Weiden, 1910."



Photos used by permission from the collection Photo Spahn, Grafenwoehr, with additional thanks to the Grafenwoehr Historical and Cultural Museum.

The size and geography of the newly created Bavarian 3rd Corps training area required its own interior railroad network. It not only moved supplies and heavy equipment, but also masses of soldiers about the training area during maneuvers.

FRGs are the heart of support for Army families

by **TRECIA A. WILSON**
Assistant Editor

Family Readiness Groups are command-sponsored organizations. That means they were created and driven by the Army. What's important to know is that these organizations exist mostly for the families and spouses. They serve the needs of the Soldier by providing information, activities and support to the spouses and families.

When they are performing optimally, they increase the resiliency of unit Soldiers and their families because they provide a family environment of support and communication.

"FRGs are not fundraising groups," said Megan Snyder, FIRES/RHHT Family Readiness Group leader and wife of Capt. Mathew Snyder, commander, Regimental Headquarters and Headquarters Troop, 2nd Stryker Cavalry Regiment.

"Although FRGs do raise funds, that is not their primary objective," Snyder said. "They are really a communications tool for Soldiers, families and their units to make sure that important information is distributed to the spouses and families as needed before, during and after deployments."

During exercises or deployments, things happen-sometimes good, sometimes tragic- and the information that goes with those events needs

to get to the families as soon as possible. For example, maybe the troops are returning from training or deployment earlier than scheduled. It is the function of the FRG leader and the points of contacts to get that information to families in a timely manner so they can be prepared for the Soldiers' arrival. Having the information in time means the spouse can be there to pick up his or her Soldier.

"FRGs are good resource for people who are overseas," said Jessi Mann Dye, whose husband is assigned to 2nd Squadron, 2nd Stryker Cavalry Regiment.

"They are a source of strength and comfort for those who don't have family here in Germany," she added. "It was a big help for me when we were living in Giesen, and Matt was gone, because I knew I had people I could count on. I knew if I needed anything I could just make a phone call and someone would be there to help me or they would take care of the problem I needed."

FRGs are also responsible for creating a variety of subgroups or committees. The FRG's size varies with the size of the unit. When they are small, fewer committees need to exist since the information about events and issues are much easier to disseminate. These groups include entertainment committees, care team committees and points of contact committees, to name a few.

Entertainment committees basically do what

their name implies. They organize and implement various activities such dinners, games, fun runs and other events intended to entertain the members of the FRG. These events help build teamwork within the FRG.

When a Soldier is injured or dies, many events are set in motion. The family of the injured can request that the FRG have a care team come to its home and help with day-to-day activities like feeding young children and getting them off to school or making sure the spouse gets counseling as needed. They also help by driving spouses to appointments and to get groceries when they are too distraught to do so themselves.

After the death of a Soldier, many friends and acquaintances drop by the house of the bereaved to give their condolences. This process can be overwhelming for the children and spouse. The care team is often tasked with making sure only a few people are allowed in during the first week after the information has been publicized. Spouses are not required to have a care team come to their home, but it is a very helpful group whose sole mission is to be available to the family of the lost Soldier.

Another part of the FRG is the point of contact committee. Although e-mails are the prevalent notification process in today's society, not everyone has a computer at home or can get to one daily. As a result, many people receive

information this way. When a major event occurs, however, and people need the information immediately, the POC group is critical. This group creates a phone tree so that information can be distributed in a thorough and efficient manner. The head of the committee will phone eight others and each of them will then call the eight people on their list, always making sure that those not reached are made a note of so further attempts can be made to contact those individuals.

Because FRGs provide such needed information, Soldiers should make sure to supply their spouses and families with the name and phone number of the unit's FRG leader. In some cases, the unit has already provided your Soldier's information to the FRG and they will contact you soon after your arrival. If the Soldier is not given this information upon arrival to the unit, then the information can be acquired by talking to the unit first sergeant. This person should have the information or be able to find someone who does. The garrison homepage also provides information. Go to your garrison website and you will find a link to each tenant unit there. Click on your Soldier's unit link and it will provide you with a variety of information about your Soldier's unit, including unit commander's names and phone numbers.

See FRG, page 25

Education goals are within reach



Family member Sarah Brown studies at the Grafenwoehr Library for an upcoming course. Numerous education opportunities and information are available through local education centers.

Story and photo by
MOLLY HAYDEN
Bavarian News

Soldiers are educated, disciplined and physically and mentally tough. They are trained and proficient in an array of drills and are able to complete the toughest tasks. Through ongoing training and support, they are constantly learning and growing as Soldiers. Education is a big part of the success of this mission, on and off the battlefield.

Education remains an integral part of the Army culture and enhances both quality of life and mission readiness. Through numerous programs and incentives, the Army is putting more emphasis on the importance of education for Soldiers and their families.

Whether it's for professional development, academic credit or personal enrichment, obtaining the education necessary for success is attainable, regardless of location.

The education centers located on-post offer an array of options for Soldiers, civilians, spouses and dependents. Through certificate programs, universities classes and employment training, education goals are well within reach.

Education centers

Army Education centers provide information and counseling for a variety of items that contribute to customers' personal and professional development.

Outlets, including the Army Continuing Education System (ACES) and GoArmyEd are two of the resources available dedicated to planning and implementing educational programs and services to support the professional and personal development of quality service members, adult family members and

Department of Defense civilians.

GoArmyEd is a unique virtual gateway for Soldiers on active duty to request tuition assistance online, any time for classroom, distance learning and eArmyU online courses. This online program is used by Soldiers to pursue their postsecondary educational goals and Army education counselors to provide educational guidance. Additionally, many schools deliver degree and course offerings report Soldier progress through GoArmyEd.

ACES provides military members tailored counseling for educational development during in-service periods and also thereafter. Functional Academic Skills Training, designed to assist Soldiers in their efforts to improve ASVAB/AFCT test scores, and broadens career opportunities in the areas of promotion and job changes.

Additionally, the Army Personnel Testing, which includes the Defense Language Aptitude Battery, the alternate Flight Aptitude Skills Test, and the Defense Language Proficiency Tests, likewise plays a major role in career opportunities for Soldiers. Such tests are available weekly throughout the year.

Through ACES, programs, including Warrior University, are constantly initiated to provide better opportunities for Soldiers and family members.

Warrior University

Launched in Germany in March, Warrior University is quickly gaining momentum. The new program provides an opportunity for Soldiers stationed in the garrison to advance toward their civilian education goals by taking college courses during the duty day. Additionally, courses are open to family members and other eligible ID cardholders. Warrior University courses are in addition to normally scheduled college courses each term.

"Warrior University adapts our advanced education programs to the Army Force Generation Cycle - ensuring lifelong learning opportunities," said Col. Chris Sorenson, U.S. Army Garrison Grafenwoehr commander. "Warrior University is more than training, it provides our Soldiers with the education they need to fight in today's uncertain environments."

The primary mission of Warrior University is to provide quality undergraduate education programs that contribute to the professional growth, career enhancement and self-development of Soldiers. Education is a significant element that supports recruitment and retention of quality Soldiers and is a vital component of the Total Quality Army philosophy. This program is also in direct support of the Army Family Covenant and the commander's intent of Soldier and family well-being.

Army Continuing Education coordinates with University of Maryland University College (UMUC) and Central Texas College (CTC) to provide vocational-technical courses to students in the USAG Grafenwoehr footprint. Allowing Soldiers to take courses during duty hours is a well-deserved opportunity for Soldiers returning from a deployment and provides a venue for them to refocus on their educational goals.

For many Soldiers, this opportunity gives them the time and resources to complete their education.

"I know what I want to achieve academically and now they feel like those goals are within reach," said Sgt. Robert Winstead, 18th Combat Sustainment Support Battalion. "This program allows me to continue my education yet doesn't take away from time with my family. It's the best of both worlds."

See EDUCATION, page 24

Frequently asked education questions

Special to the Bavarian News

Read below to find out all of the answers to your Department of Defense Education Activity (DoDEA) questions. This list was compiled by Ann Bruennig, school liaison officer for U.S. Army Garrison Grafenwoehr.

For more detailed information about individual schools, call the school or your local school liaison officer. For that listing, see page 24.

Q. How do I get free or reduced school lunches?

A. To apply, the sponsor and spouse must take a copy of a current leave and earnings statement (LES), if employed. Contact your school liaison to find out where to register in your community.

Q. What will determine if my child is eligible for free or reduced school lunches?

A. The entire household's income is used to determine if your child/children are eligible for this program, (This includes kinder Geld, child support payments, retirement and social security payments and spouse's income.) and the number of family members physically living with the family, to include a deployed service member. However, family members who reside in the United States will not be included.

Q. Where do I establish my student's school lunch account?

A. Your student's school lunch account can be established with your local AAFES facility customer services desk with your student's school information. Be prepared to have a

4-digit secret code for purchasing lunches. Money can be added to your student's account at the customer service desk or at your student's school lunch room.

Q. We live off-post. How will my child get to school?

A. For those families that live off-post, a local school bus system transports students to and from school. An activity bus runs later for students who are active in after-school activities. However, students must be involved in an organized after-school activity to use the bus.

Q. How do I let the bus office know where we are located and if my child needs a bus pass?

A. Parents should visit the school bus office on the post where their child will attend school to sign up for bus services and obtain a bus pass.

Q. What information do I need to ensure that my child can get registered and start school as soon as we arrive?

A. You will need to go to the school that your student will attend and fill out required paperwork, and bring the following documentation:

- a copy of the sponsor's orders
- child's immunization records
- child's birth certificate
- child's social security card/passport
- previous school records
- two local emergency contacts
- one stateside emergency contact

Q. Are the immunization requirements

different for schools overseas than schools in the States?

- A. No, requirements are the same as those in the States and as follows:
- Diphtheria, Tetanus and Pertussis: six doses should be administered by age 11-12
 - Hepatitis A: two doses
 - Hepatitis B: three doses
 - Haemophilus influenzae type B: two to four doses
 - Polio: three doses
 - Meningococcal: one dose at 11-12 years and unvaccinated high school students and college freshmen
 - Measles, Mumps, Rubella: two doses
 - Varicella: one dose at 1 year, susceptible people age 13 and older should have two doses at least four to eight weeks apart. It is not required if child has had a history of chickenpox.
 - PPD TB tine/monovac: locally determined

Q. What are the graduation requirements for DoDEA?

- A. Starting this year for the class of 2011, the graduation requirements are the following:
- 4 units of English language arts, 9, 10, 11, 12
 - 3 units of social studies
 - 3 units of mathematics
 - 3 units of science
 - 2 units of foreign language
 - 2 units of professional technical studies
 - 1½ units of physical education
 - 1 unit of fine arts
 - ½ unit of health education
 - 6 elective courses (26 total credits).

Free online, on-demand tutoring is available

Special to the Bavarian News

Stuck on a grueling geometry problem, need someone to check your book report for spelling, want to get a head start on next year's science? Then Study Strong is the resource for you!

The U.S. Army, Family, and Morale, Welfare & Recreation's Child, Youth & School Services has contracted with Study Strong to provide free, one-on-one tutoring to Army affiliated families, including active, wounded, Reserve, National Guard and Army civilians.

The Army had a few trial runs for this service and the response was outstanding.

Here's what one Army trial user had to say: "I think this will be wonderful for military families. If the Soldier is deployed or gone and the spouse has to manage everything, this is one resource that is very convenient. Hopefully the military will continue. Thanks."

Students can find math help for elementary math, middle grades or basic math, algebra, algebra II, geometry, calculus, trigonometry and statistics. Tutoring is available

for elementary science, biology, earth science, chemistry, and physics. Assistance with history questions, geography questions, and social studies questions. Students can find English help for vocabulary, grammar, writing and literature. In addition, adult learners can find help with all of the above, plus specialized resources for resume writing and job search, GED prep and citizenship test prep.

One student user wrote: "My tutor was very helpful with everything I needed help with. She showed me step-by-step on how to

do everything. Thank you to the staff that made this possible. I hope you keep this a free service.:-)"

Study Strong is available to all students via the Web on-demand. Students can access all types of homework resources and connect to a tutor for assistance with any educational question. All sessions are anonymous. Tutors ultimately maintain control of the online classroom, only one student and one tutor are in the classroom at a time using a secure connection. All

See TUTORING, page 24

Education centers

Ansbach

Katterbach Kaserne
Bldg. 5818, 2nd Floor
Mon-Fri, 8 a.m.-4:30 p.m.
DSN 467-2817,
CIV 09802-83-2817

Storck Barracks, Bldg. 6503
Mon-Fri 8:30 a.m. -4:30 p.m.
DSN 467-4750,
CIV 09841-83-4750

Garmisch

Artillery Kaserne
Bldg. 203, Rm. 5
Mon-Thurs, 9 a.m.-1:30 p.m.
DSN 440-3560,
CIV 088217-50-3560

Grafenwoehr

Main Post, Bldg. 538
Mon-Fri, 8 a.m.-4:30 p.m.
DSN 475-6786,
CIV 09641-83-6786

Hohenfels

Parent Central Services
USAG Hohenfels, Bldg. 10
Mon-Fri, 8 a.m.-5 p.m.
DSN 466-2078/2080,
CIV 09472-83-2078/2080

Schweinfurt

Ledward Barracks, Bldg. 242
Mon-Fri, 8 a.m.-5 p.m.
DSN 354-6383,
CIV 09721-96-6383

Vilseck

Rose Barracks, Bldg. 223
Mon-Fri, 8 a.m.-4:30 p.m.
DSN 476-2753,
CIV 09662-83-2753

BMEDDAC helps simplify health care in Bavaria

Medical care can be confusing for Soldiers and family members stationed overseas. However, the U.S. Army Medical Department Activity, Bavaria offers many resources to help you navigate the health care system.

The following information is an overview to help you understand your health care options.

The BMEDDAC footprint consists of seven U.S. Army Health Clinics supporting approximately 40,000 patients. The health clinics are located in Bamberg, Grafenwoehr, Hohenfels, Illesheim, Katterbach,

Schweinfurt and Vilseck.

The clinics are outpatient primary care or ambulatory clinics and are capable of providing acute care, routine care and wellness examinations.

Ambulatory care is defined as medical services that are provided as an outpatient. Services could include diagnosis, treatment and rehabilitation. The health clinics do provide some special resources such as physical therapy, optometry, audiology and behavioral health.

Resources are shared in the BMEDDAC footprint. When Soldiers

are redeployed, providers and staff are often rerouted to the redeploying community to help the returning Soldiers during the reintegration period.

If you have questions or concerns about your care, let us know. BMEDDAC is here to help you with your medical care. We need to hear your concerns in order to address them. Your clinic's patient advocate is available to hear your concerns and compliments.

You can also visit our Web site at: <https://ermc.amedd.army.mil/Bavaria/index.cfm>.

The BMEDDAC homepage lists recent news, a question and answer feature and contact information. There are also links to each of BMEDDAC's seven health clinics. On your local clinic page you can find information about hours, phone numbers and upcoming events.

BMEDDAC strives to make care easy for patients and we look forward to continued communication with you. Fortress of Health – Army Strong.

*Col. Steven J. Brewster
U.S. Army MEDDAC Bavaria*



Patient Categories

There are three types of patients that receive care from the health clinics in Bavaria.

Tricare Prime Overseas is a managed care option that provides benefits to active duty service members, reserve-component members on active duty orders, and their eligible command-sponsored family members stationed or living overseas. There are no enrollment fees, deductibles, cost-shares, or co-pays for authorized medical care at a U.S. health clinic or with German providers and hospitals. Tricare Prime patients receive priority access at all BMEDDAC health clinics.

Tricare Standard is available for retirees living overseas and active duty family members who choose not to enroll in Tricare Prime Overseas. Standard is a fee-for-service option that authorizes beneficiaries to seek care from any Tricare-authorized provider. The patient is responsible for an annual deductible and cost-shares, but there is no fee for enrollment.

Tricare Standard patients may only use the BMEDDAC health clinics on a space-available basis and for limited immunizations. However, Standard patients do not need authorization to see the host nation provider of their choice. BMEDDAC recommends that Tricare Standard patients establish a relationship with a German physician to ensure continuity of care.

Tricare Echo is a supplemental program that provides eligible active duty family members with an additional financial resource for an integrated set of services and supplies designed to assist in the disabling effects of the beneficiary's qualifying condition. Conditions include moderate or severe mental conditions, serious physical disability, or an extraordinary physical or psychological condition so that the beneficiary is homebound.

Go to www.europe.tricare.osd.mil for more information.

New Tricare contract

In August 2010, the Army will begin using Tricare Global Remote Overseas, which is a Tricare Prime option offered in designated



Photo by Molly Hayden

Dennis Gillespie, physical therapy rehabilitation technician, right, assists family member Melissa Wolff during a rehabilitation session at the Grafenwoehr Health Clinic. After suffering a recent tibia fracture while skiing, Wolff sought treatment at the clinic and continues physical therapy twice a week, aiding in the healing process to gain full ambulation.

remote overseas locations for active duty service members and their families. Tricare has partnered with International SOS to identify the best local providers and facilities and develop a network of licensed, qualified physicians in remote overseas areas. Enrollment is required to participate. Additional information will be published as it becomes available.

Access to Care

Medical visits are broken out into categories: specialty, well, routine and acute. Access standards are established for each category to ensure that you receive care in a timely manner.

Specialty care that is provided by the health clinics includes: physical therapy, optometry, audiology and behavioral health. Specialty care that cannot be provided by the health clinic is referred to the Preferred Provider Network. The

access standard is to be seen within one month from the date of your call for a specialty visit to the health clinic.

Well visits are services such as health screenings and examinations designed to keep you healthy or detect health problems early. They include: cholesterol testing, immunizations, well-baby, cancer screenings, blood pressure readings and Pap smears. You should be seen within one month of your call for a well visit to the health clinic.

Routine care includes general office visits for the treatment of symptoms, chronic or acute illnesses, diseases and follow-up care for an ongoing medical condition. Routine care also includes preventive care measures to keep you healthy. The standard of care for a routine visit means that you should be seen within one week for your condition.

Acute care services are medically

necessary services which are required for illness or injury that would not result in further disability or death if not treated immediately, but require professional attention and have the potential to develop such a threat if treatment is delayed longer than 24 hours.

Conditions that should receive acute care include: sprains, scrapes, earaches, severe headaches, rising fever, persistent vomiting or diarrhea. These are conditions that are serious, but are not life threatening. You should be seen within one day once you have made the call to the health clinic.

Emergency services are provided for a sudden or unexpected medical or psychiatric condition or the sudden worsening of a chronic condition that is threatening to life, limb or sight. These conditions need immediate medical treatment or have painful symptoms that need immediate relief to stop suffering.

Conditions that require emergency care include: loss of consciousness, shortness of breath, chest pain, uncontrolled bleeding, drug overdose, suicide attempt, poisoning, acute psychosis and unexpected weakness. These conditions require immediate attention and a visit to the emergency room at a local German hospital.

The health clinics do not have their own emergency rooms, nor are they open 24 hours a day. In the event of an emergency, go to the nearest hospital. If you don't know the location of your closest hospital, contact your local health clinic to find out. Post the information in a handy location.

Emergency transportation can be provided by the German Red Cross. Patients can access the ambulance service by calling for translation through the military police or directly through the German Red Cross. Dispatchers will send the closest available ambulance to your location. A German emergency physician will often meet you to direct your care.

If you do have an emergency and need to go straight to the hospital, contact the Tricare representative as soon as possible. You will need to report your emergency as

See BMEDDAC page 26

Health Care

Medical

Ansbach
Katterbach
DSN 467-3398,
CIV 09802-83-3398
Tricare: DSN 467-2619,
CIV 09802-83-2619

Illesheim
DSN 467-4512,
CIV 09841-83-4512
Tricare: DSN 467-5108,
CIV 09841-83-5108

Garmisch
Artillery Kaserne
Bldg. 203, Rm. 5
Mon-Thurs, 9 a.m.–1:30 p.m.
DSN 440-3560,
CIV 088217-50-3560

Grafenwoehr
DSN 475-7152,
CIV 09641-83-7152
Tricare: DSN 475-7424,
CIV 09641-83-7424

Hohenfels
DSN 466-1750,
CIV 09472-83-1750
Tricare: DSN 466-4528,
CIV 09472-83-4528

Schweinfurt
DSN 354-7901,
CIV 09721-96-7901
Tricare: DSN 354-6560,
CIV 09721-96-6560

Vilseck
DSN 476-2882,
CIV 09662-83-2882
Tricare: DSN 476-2001/3323,
CIV 09662-83-2001/3323

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Dental

Ansbach
Katterbach Dental Clinic
DSN 467-1720,
CIV 09802-83-1720
Tricare: DSN 467-2619,
CIV 09802-83-2619

Illesheim Dental Clinic
DSN 467-4500,
CIV 09841-83-4500
Tricare: DSN 467-5108,
CIV 09841-83-5108

Garmisch
Artillery Kaserne
Bldg. 203, Rm. 5
Mon-Thurs, 9 a.m.–1:30 p.m.
DSN 440-3560,
CIV 088217-50-3560

Grafenwoehr
Bldg. 538
Mon-Fri, 8 a.m.-4:30 p.m.
DSN 475-6786
CIV 09641-83-6786

Hohenfels
Parent Central Services
USAG Hohenfels, Bldg. 10
Mon-Fri, 8 a.m.-5 p.m.
DSN 466-2078/2080
CIV 09472-83-2078/2080

Schweinfurt
Ledward Barracks, Bldg. 242
Mon-Fri, 8 a.m.-5 p.m.
DSN 354-6383,
CIV 09721-96-6383

Vilseck
Rose Barracks, Bldg. 223
Mon-Fri, 8 a.m.-4:30 p.m.
DSN 476-2753,
CIV 09662-83-2753

Oral health essential component of healthy living

*"Every tooth in a man's head is more valuable than a diamond."
Miguel de Cervantes, Don Quixote, 1605*

It is often stated that oral disease is the most common disease of mankind and quite possibly the one disease that all humans have in common, yet the parameters of what constitutes oral health, and conversely oral disease, are often vaguely defined.

"During the last 50 years, there have been dramatic improvements in oral health, and most middle-aged and younger Americans expect to retain their natural teeth over their lifetimes," said David Satcher, M.D., Ph.D., former Surgeon General.

Oral health is an essential and integral component of general

health throughout life. No one can be truly healthy unless he or she is free from the burden of oral diseases and conditions.

Although appropriate home oral health care and disciplined prevention are essential, professional care also is necessary to maintain optimal oral health.

For our beneficiaries to enjoy this level of health, as individuals and as a population, we understand they must have the benefit of high-quality health care services that are effectively coordinated within a strong health delivery system.

I am pleased to report that such a system exists in Bavaria.

The dental health care delivery system in Bavaria consists of an array of installation dental treatment

facilities, host nation clinics, and insurance plans all operating in various configurations of groups, networks and independent practices.

The Bavaria Dental Activity area of responsibility is comprised of seven installation Dental Treatment Facilities supporting approximately 40,000 patients. The dental clinics are located in Bamberg, Grafenwoehr, Hohenfels, Illesheim, Katterbach, Schweinfurt and Vilseck.

We, at the Bavaria Dental Activity, are deeply committed to insuring that your oral health needs are met.

When questions arise, contact us and let's look for meaningful solutions to your issues. If you have questions or concerns contact your

dental team of professionals. You are our community and we exist to serve you.

Please visit our Web site at: www.B-Dentac.amedd.army.mil. On your local clinic page you can find information about hours, phone numbers and upcoming events.

We want you to have a functional smile, a healthy smile and a beautiful smile for a lifetime. We believe that good dental health represents a long term commitment in overall health, self-confidence and well being.

Quality through Dedication.

*Col. Theresa S. Gonzales
U.S. Army DENTAC Bavaria*



Sgt. Holly Dottle cleans a patient's teeth at the Bavaria Dental Activity.

beneficiaries have more opportunities to access care as the space available increases.

Dental Insurance

Dental insurance is available for family members and retirees and their family members for use in host nation facilities. You may find more information on Tricare Dental Insurance at this link: www.europe.tricare.osd.mil/dental/default.asp.

The Tricare Dental Program:

Active duty family members living in an overseas area can often receive dental care at their local military dental clinic. However, there are occasions when the military dental clinic may be unable to provide this care and in those cases, the Tricare Dental Program (TDP) is there to help.

Family members of active duty military, as well as Reservists and their family members are eligible to enroll in the TDP. This dental insurance plan, managed by United Concordia Companies Inc. (UCCI), is designed to offset out-of-pocket expenses for civilian dental care both in the US (CONUS) and in overseas (OCONUS) locations.

Enrollment in the TDP is completely voluntary, and coverage automatically follows your family from assignment to assignment unless you cancel it. Active duty family dental benefits of the OCONUS plan include the same low premiums as the CONUS plan (as of 1 Feb 2010 they are \$12.69/month for one family member or \$31.72/month for family coverage). Dental treatment should be

See DENTAL, page 26

Ein bisschen Deutsch (A little bit of German)

- I'd like to make an appointment with Dr. _____.
Ich möchte einen Termin mit Dr. _____ machen.
(Ikh murck-ta eye-nen tear-meen mit Döc-toor mah-ken.)
- It hurts here.
Es tut hier weh.
(Es toot here vay)
- I think I have a fever.
Ich glaube ich habe Fieber.
(Ikh glau-beh ikh haa-beh Fee-ber.)
- Where can I get this medicine.
Wo bekomme ich diese Medizin?
Vö be-kömm-uh dee-suh me-diz-zin?
- I'd like to fill this prescription.
Ich möchte dieses Rezept einlösen.
(Ikh murck-ta dees-us Ree-sept in-lürsen)

Suicide Prevention Hot Lines

Ansbach
DSN 467-3855, CIV 09802-83-3855

Garmisch
DSN 440-3801, CIV 08821-750-3801

Grafenwoehr / Vilseck
Suicide, DSN 475-LIFE (5433),
CIV 09641-83-5433
Chaplain Hot line, CIV 01622-96-0838

Hohenfels
Military and Family Life Consultants
CIV 01622-96-1075

Schweinfurt
Schweinfurt Suicide Prevention Hotline
DSN 354-6276, CIV 09721-96-6276

- I am having problems breathing.
Ich habe Probleme beim Atmen.
(Ikh haa-buh pröblëms bîm Aat-men.)
- Do I need a filling?
Brauche ich eine Zahnfüllung?
(Browkheh ikh eye-nuh Zawn-fuer-loong?)
- Do I need another appointment?
Brauche ich einen weiteren Termin?
(Browkheh ikh eyenen vee-ter-un Tare-min)
- Do I need to see a specialist?
Muss ich einen Spezialisten aufsuchen?
(Moos ikh eye-nen Spez-ee-aw-lees-ten owf-sookh-un)
- I am having problems seeing.
Ich habe Probleme beim Sehen.
(Ikh haa-buh pröblëms bîm say-en.)

Spouse shares her experiences with off-post doctors

by MOLLY HAYDEN
Bavarian News

My German is mediocre at best. What am I saying - my German is awful, but I'm learning. However, the basic Deutsch 101 class I am currently taking doesn't cover such terms as "thyroid gland," "stomach pain" or "infection," so how do I communicate with medical personnel on the economy?

My husband and I are civilians. This leaves us few choices when it comes to health care, but after some trial and error I'm beginning to learn the system and realize we have more choices than I thought – it's a matter of arming yourself with all of the available information and using your resources wisely. And the Army health clinics can help.

The first stop on the medical highway (or should I say autobahn?) when arriving to Germany is to register with Tricare at your on-post health clinic. Although civilians are technically not covered by Tricare, we can "mini register" as a pay patient

and seek medical attention on-post, on a space-available basis. We then bill our insurance for the cost. Although this could be quite convenient for those of us working on-post, the drawback is inconsistency, as you cannot request the same doctor for multiple visits.

This is bothersome for me. I prefer to have a relationship with my doctor – I saw my pediatrician until I was 24 when he kindly asked me to "find a grown up doctor." (What can I say, I was a sucker for the free lollipops.)

Finding a replacement was always tough though – every new town was a new doctor and none provided me the comfort and security I was used to. Germany is no different and can create even bigger hurdles when choosing a caregiver due to the language barrier.



Hayden

You have two choices of health insurance as a civilian, Blue Cross/Blue Shield and Foreign Service Benefits, and neither provides "network doctors." This can leave you feeling as if you are closing your eyes and randomly pointing at names in the phonebook. "Hmmm, Gertrude, that's a pretty name, I'm sure she'd make a fine doctor!"

A visit to your local health care clinic can at least point you in the right direction. They provide the community with a list of English-speaking general practitioners as well as specialists including ear, nose and throat doctors, endocrinologist, oncologists and gynecologists.

From here begins your search for a match. And it is really trial and error. Once you have found that "perfect doctor" to take care of your general wellness needs, you can then ask for referrals for specialist or other forms of health care.

German and American health care systems differ, so be prepared. My advice is to embrace the differences; it's all a part of the culture. German doctors' offices

are run very efficiently and tend to be more businesslike than their American counterparts. Doctors get straight to the point with orders: "Get undressed, I'll wait," diagnosis: "doesn't look good," or test results, "you're fine, go home." No sugar coating, no congrats, just answers. There is something very comforting in such proficiency.

Additionally, German medications may differ, but the result is often the same. German or American, doctors have our best interests in mind.

Living in Germany can create a world of new experiences, even in everyday experiences.

The economy can provide the medical treatment you need with results with which you can be happy.

Questions will always be answered on and off post, and you may even learn a few handy words along the way, like the German word for the thyroid gland. Now, if I could just figure out how to use "Schildruesen" into my everyday conversations.

Responsible pet ownership yields happy families, pets

Q. What three tips would you recommend to newcomers?
A. Make sure you have an ISO-compatible microchip implanted in your pet
If it is not already, get it spayed/neutered prior to coming to Germany
Train your animal with positive, shaping methods to ensure they accept and are comfortable in the kennel AND comfortable with travel (cats especially) to make the trip much less stressful.

Q. What three tips would you recommend to those PCSing?
Get your animal vaccinated at least 30 days prior to your departure date to avoid any complications at U.S. Customs
A. Ensure you bring your pets for an examination so you can get a health certificate for the airlines, they are only good for 10 days, so plan ahead for transportation, etc.
Plan years in advance if necessary so that you can afford to pay the airline fees for shipping pets back to the CONUS (it can cost over \$1,000 for a large dog!)

Q. How has the wellness program been received thus far by patients? Any changes from previous method of operating the clinic?
A. The program is doing well. So far it seems like we are getting about 50 percent of people going for the packages and 50 percent declining all the options in the package and sticking with just vaccinations.
Q. Is there anything unique to Bavaria that pet owners should be aware of (specific kind of ticks, etc) and if so, what would you recommend to mitigate its impact?
A. Dangerous dog ordinance: Many breeds are either forbidden or have to be temperament tested based on their age. People should certainly ensure the breed they own is not on the list prior to departing for Germany or be prepared to shoulder the time and financial burden of the German laws on owning such breeds. As always, Pit bulls and the American Staffordshire terrier and any mixed breed of either type are forbidden to be imported into Germany(See Dangerous Dog Q&A box for more).

Q. Has there been a problem with Soldiers / family members leaving pets behind? What resources are available to ensure that doesn't happen?
A. Yes, Soldiers and their families abandon pets frequently, either by letting them go so they become strays fighting for their lives, or by abandoning them to German Tierheims (animal shelters). The only resources are education, education, education in the topics of responsible pet ownership in an attempt to prevent people who shouldn't have pets from getting them in the first place. Germans have a very poor view of how the majority of Americans treat their pets, largely from the abandonment issue at the Tierheims and strays.

Q. Any additional recommendations?
A. Responsible pet ownership is key. Pet owners should understand the financial impact a pet will have on their lives. Also, potential pet owners need to educate themselves to ensure that if they do have the time and money to own a pet, they choose the right type and breed so they don't end up abandoning the pet because its personality doesn't fit with their lives.
For example, a couple with two small children under the age of 5 buys a Labrador puppy. As the puppy gets older (and larger), the couple neglects to properly train him and the overly rambunctious, and now large, dog begins to put a strain on the family because he knocks over the children and chews up shoes.
In many cases like this, the couple simply elects to get rid of the puppy. Responsible pet ownership involves understanding the implications of owing a pet before you take the plunge.

Register your pets within two weeks of arriving

Special to the Bavarian News

The mission of military veterinary treatment facility is to provide complete medical services and support to the military working dog program. Although the focus is on maintaining the fighting strength of the military working dogs, the veterinary clinic also supports privately owned animals through limited health care services.

All pets traveling into the area, and pets purchased on the economy must be registered at the veterinary clinic within two weeks.

Owners should provide all pertinent information regarding the animal's medical history to include vaccination status and long-term medical concerns. Sponsor information is also required to for the registration.

All appointments are reserved for those pets that have completed this registration process. Registration can be completed during regular business hours on a walk-in basis.

All pets will be seen on an appointment only basis. There are two distinct types of appointments offered at the clinic: appointments for routine medical care and vaccinations and appointments for sick-call/illnesses.

The clinic does not provide emergency care to privately owned animals. A list of off-post veterinarians may be accessed through the European Veterinary Command Web site and from the veterinary clinic.

It is encouraged for owners of pets to establish a doctor-patient relationship with a local veterinarian for care needed after duty hours and on weekends.

The veterinary treatment facility provides an extensive list of services. The following list is not all inclusive: vaccinations; issuance of health certificates for travel; health exams; laboratory diagnostic evaluations of

blood, urine, feces, and tissue; and radiographs.

Surgical services include routine out-patient procedures to include, canine or feline spays, neuters, and dentals. Other surgical procedures will be completed at the discretion of the attending veterinary corps officer.

Owners may be referred to an off post medical provider at the discretion of the attending veterinarian if medical services can not be rendered at that time, or if pet is in need of specialty services.

The clinic staff requests that appointments be cancelled 48 hours prior to the day of the appointment. Any appointment missed without notification from the owner is considered a "no show".

After the owner has two "no show" appointments, a letter will be submitted to the sponsor's commander. After the third "no show", services will be suspended for 12 months.

If a surgical appointment is missed, to include the surgical in-processing appointment, services will be suspended for 12 months to include routine care. A late arrival of over 15 minutes will be considered a "no-show" and the appointment may need to be rescheduled.

For safety reasons, children under 8 years of age are not permitted in the veterinary treatment facility, and pets must be managed by individuals over the age of 18 years.

All pets must be on a leash or in a pet carrier.

Payment is required at the time services are rendered. There will be no exceptions granted. Payment of services can be done by cash, check, and major credit cards. Debit cards may be used if it has the Visa or Master Card emblems.

For additional information, contact the clinic staff during routine business hours.

Is your dog a ‘dangerous dog?’ Know your host nation laws

The following information will familiarize you with the issues regarding the current German Dangerous Dog Ordinance. The information below is current as of June 15, 2009.

Q. What is the Dangerous Dog Ordinance?

A. Numerous states in Germany are developing and implementing ordinances regarding the ownership of dangerous dogs. Any breed of dog may be considered dangerous if the animal, is abnormally aggressive, vicious, quick to attack, bites or aggressively jumps on a person, bites or injures other animals without provocation, or shows a tendency to harass people or other animals.

Q. What breeds of dogs are affected by these ordinances?

A. Currently, the strictest of these ordinances are in the German state of Bavaria. Bavaria classifies dangerous dogs in two classes. Class 1 dogs include Pitbull Terrier, American Staffordshire Terrier and Staffordshire Bullterrier.

Class 2 dangerous dogs include but are not limited to: Bull Mastiff, Bull Terrier, Mastiff, Rhodesian Ridgeback, Dogue de Bordeaux, Tosa Inu, Dogo Argentino, Fila Brasileiro, Rottweiler and Mastino Napoleon.

All German states consider all class 1 dogs dangerous, and each state is in various stages of implementation of their ordinances. All cross breed animals with either a class 1 or class 2 breeds must also follow the procedures for compliance. See the more comprehensive list of dangerous breeds from the German Customs Web site at: www.london.diplo.de/Vertretung/london/en/07/other_legal_matters/Dangerous_dogs_seite.html.

Q. Who is affected by these ordinances?

A. All American service members currently living in, or moving to Germany, who own one of the breeds listed above. Each service member must comply with the most current ordinance in the

German state they are assigned.

Q. What are the procedures for compliance?

A. Service members must register all animal(s) with the military Veterinary Treatment Facility (VTF) within 14 days of arrival in country. If the service member owns one of the dangerous dogs the VTF will report the arrival of the animal to local German authorities. If the service member acquires one of these breeds locally, they also have 14 days to register their pet(s).

All class 1 and class 2 dogs will have to pass a German administered temperament test. A list of English speaking testers in the Hanau area is available at the VTF. The dog must be leashed and muzzled in public places until it passes the test. Once the dog passes the temperament test, the muzzle requirement is waived. The cost of testing is variable. If the animal fails the test, the owner and dog can attend an obedience or dog training school to correct deficiencies. Any successive test must be in the presence of the first tester and the second test is considered final.

The owner must pass a competence test as well. Depending on the level of knowledge of the owner, this test can be administered concurrently or consecutively with the temperament test. If the test is conducted consecutively, the temperament test is conducted first and focuses on the dog's character. If the owner is not currently competent, he or she can attend a training course at a canine school and the test will be re-administered.

The owner must acquire pet liability insurance that is valid in Germany. A list of German insurance companies is available at the local VTF.

The owner must have proof of a background check by the local Provosts Marshall office or German Polizei. The owner must be 18 years of age, have no criminal offenses, no physical disabilities, no alcohol or drug related offenses, not be mentally ill or mentally disabled, and can properly accommodate the animal.

Owners must submit a photograph of the animal. The photo must include the full head and

On-post Vets

Ansbach
Katterbach Kaserne,
Bldg. 9003
Mon–Fri, 8:30 a.m.–4 p.m.
DSN 467-3179,
CIV 09802-83-3179

Stock Barracks, Bldg. 6651
DSN 467-4209,
CIV 09841-83-4209
Call Katterbach Vet
to make appointments.

Garmisch
Call for quarterly
appointments.
DSN 476-2370,
CIV 09662-83-2370

Grafenwoehr / Vilseck
Rose Barracks, Bldg. 222
Mon-Wed & Fri, 8 a.m.-
noon, 1-3 p.m.;
closed Thurs.
DSN 476-2370,
CIV 09662-83-2370
Call for appointments.

Hohenfels
USAG Hohenfels, Bldg.
746 Mon-Fri, 9 a.m.-1 p.m.
DSN 466-4560,
CIV 09472-83-4560

Schweinfurt
Conn Barracks, Bldg. 81
Mon-Thu, 8 a.m.-4 p.m.
& Fri, 8 a.m.-noon,
DSN 353-8359,
CIV 09721-96-8359.

Editors Note: Informtiaon provided by Capt. Renee Krebs, OIC, Vilseck Branch Veterinary Services.

G.U.T.S. gives understanding to teens

by EMILY ATHENS
USAG Schweinfurt Public Affairs

Moving to a new country can prove to be a challenging transition for many teenagers. To ease the potential stress, Army Community Service has just the program.

Giving understanding to teens in Schweinfurt, or G.U.T.S., is a program specifically for those youth who are new to the Schweinfurt community or who simply don't know their way around the surrounding communities.

"We work in partnership with the teen center, the school liaison, and the schools to make sure these incoming teens get linked up with a sponsor,

so they can feel at home right away and don't feel left out," said Beate Williams, relocation program manager at ACS.

G.U.T.S., which occurs each quarter throughout the year, runs from 8 a.m. till 2 p.m. During that time, youth hear from representatives of different agencies within the Schweinfurt community, learn about exchange rates and recycling policies, experience public

transportation, take a tour downtown and much more, Williams explained.

"When we got here, I went and I learned a lot I didn't know. She taught us where we can find cheaper candy and where to shop," said eighth-grader Taylynn Hayes.

"We really want them to understand more about the German culture," Williams said. "It's important to teach them. I have seen kids spend

the entire tour on post and we want to make sure that that's not happening."

Teens who participate in the program are granted a day off from school to tour the post and downtown Schweinfurt, where they will enjoy a day of browsing shops, eating lunch, and mingling with peers. According to Williams, the day helps them to become more comfortable in venturing out to surrounding areas.

"The program makes them feel important ... not like little fish in a big sea. So it's a great opportunity, a day well spent," said parent Robin Hayes.

For more information about the G.U.T.S., call ACS at DSN 354-6933, CIV 09721-96-6933.



ACS Offices

Ansbach
Katterbach Kaserne
Bldg. 5817 A
Mon-Thurs,
8 a.m.-5 p.m. Fri,
11:30 a.m.-5 p.m.
Admin. Coordinator
DSN 467-3631,
CIV 09802-83-3631

Storck Barracks, Bldg. 6510
Mon-Thurs,
8 a.m. - 5 p.m.
Fri, 11:30 a.m. - 5 p.m.
DSN 467-4555/4764,
CIV 09841-83-4555/4764

Garmisch
Artillery Kaserne
Bldg. 203, downstairs
Mon-Wed
8 a.m.-noon,
12:30-4:15 p.m.
Thurs 8 a.m.-noon
Fri 8 a.m.-noon,
12:30-2:15 p.m.
DSN 440-3777,
CIV 088217-50-3777

Grafenwoehr/ Vilseck
Main Post, Bldg. 244, Rm. 113
Mon-Fri,
7:30 a.m.-4:30 p.m.
DSN 475-8371,
CIV 09641-83-8371

Hohenfels
USAG Hohenfels, Bldg. 10,
Mon-Fri, 8 a.m.-5 p.m.
DSN 466-4860,
CIV 09472-83-4860

Schweinfurt
Ledward Barracks, Bldg. 242
Mon-Fri,
8 a.m.-5 p.m.
DSN 354-6933,
CIV 09721-96-6933/6751

SNAPS helps newcomers transition

by EMILY ATHENS
USAG Schweinfurt Public Affairs

New members of the community can hit the ground running with the orientation program offered by Army Community Service (ACS). Schweinfurt Newcomers Awareness Program, or SNAPS, is designed to familiarize new arrivals with the Schweinfurt community and surrounding areas.

"Especially with deployments, we want the spouses to feel comfortable within the community. We want to take out the fear," said Beate Williams, SNAPS program coordinator.

Open to all members of the community, SNAPS is a weeklong program that provides speakers, tours and coping strategies.

"I want to show them how to save, how to budget, where to get a VAT, how to get downtown, and where to shop," Williams said, naming only a few of the many topics she covers throughout the week.

More specifically, the program visits organizations around Ledward Barracks and teaches participants how to sort trash, maneuver public transportation, shows them where off-post hospitals are located if an emergency arises, and tours other entertainment options, such as the swimming pool and the animal park.

"We have all kinds of support networks," Williams said. "They need to know what kinds of services are available for them."

The week concludes with a relaxing day trip to Wuerzburg for SNAPS students to learn how to use

the train.

Newcomers can really benefit from the wide range of information they receive and it is a great way to transition into a new community, Williams explained.

As a result of the program, Williams hopes newcomers will be encouraged to get out of the house and explore their surroundings.

"People wait a lifetime to come to Europe. There are so many fun things to do, so take advantage," she said.

For more information or to sign up for the next SNAPS program, call ACS at DSN 354-6933, CIV 09721-96-6933. Free child care is available on a first come, first serve basis by calling Child, Youth and School Services at DSN 354-6517, 09721-96-6517.

Self-help offers more than tools

by RONALD H. TOLAND JR.
USAG Ansbach Public Affairs

Across the street from Memorial Park in Illesheim is the newly relocated and renovated self-help issue point, which provides a more customer-friendly location for the community.

The new self-help store has been fully renovated. "The store is more family and child-friendly, more centrally located, and more organized with plenty of spacious parking, so users can easily load up their vehicles," said Helmuth Treuheit, chief, Engineer Services Division on Storck Barracks.

The store has it all, from energy efficient light bulbs to lawnmowers to pipe fixtures and flowers, and if an item is not on the shelves, the staff will get it. The only items the store doesn't carry is power saws because of safety reasons.

"We have 169 items for issue," said Dieter Beyschlag, a supply clerk at the store.

"We always react to what our customers need," added Treuheit. Treuheit said his office has two big annual initiatives: the fall and spring-clean ups. And with the spring initiative, comes an added treat for patrons.

"Seasonal flower issue," said Beyschlag. "We also have seasonal tools like lawnmowers."

"In the spring when we offer the flowers, we also offer flower pots, hanging flower boxes and soil — all for free," said Treuheit. "Users go crazy for this — many people even come and get extra flowers for their neighbors," he added.

Beyschlag said the store offers supplies and tools, but

also much more.

"We offer advice and counseling to users who may need to know more about what they need for their specific projects — like snow clearing, painting and bathroom fixtures," said Beyschlag. "This is basically just like do-it-yourself in the States," he added.

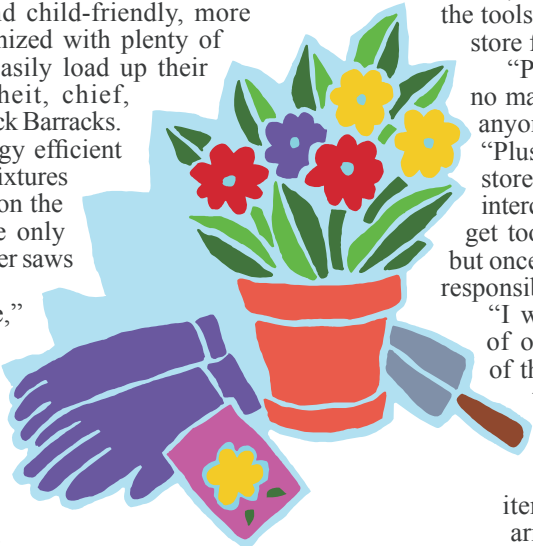
And Treuheit said anyone with an ID card (units, Soldiers, DA civilians) can use and check out the tools and equipment from the self-help store for their projects.

"Private rentals or leased housing, no matter how you rent your residence, anyone can check out tools," he said. "Plus, and even better, the (self-help) stores in Illesheim and Katterbach are interchangeable — meaning patrons can get tools regardless of where they live; but once they check out the items, they are responsible for them," he added.

"I would like to see more members of our community taking advantage of the many opportunities afforded to them through the self-help issue point stores. In particular, for newcomers these SHIP stores provide a large number of different items they could use initially upon arrival and they cost nothing," said Col. Christopher Hickey, U.S. Army Garrison Ansbach commander.

"We also accept unused cleaning supplies that people leave behind when they move. That way someone else can use it before it is thrown away — this is a good service to the people," added Treuheit.

Contact your self help store for more information on available tools and services.



Tourist passport necessary for no-hassle travel

by EMILY ATHENS
USAG Schweinfurt Public Affairs

Taking vacation into other countries with a no-fee passport may cause trouble at the borders. Some of this trouble is due to the fact that

many people aren't aware of the differences between a no-fee passport and a tourist passport.

Soldiers and their families stationed overseas are under what's referred to as a Status of Forces Agreement (SOFA) with their host country, which defines the legal status of those members in the territory of another nation. To comply with SOFA, a no-fee passport is issued to service members and their families who are serving overseas, said Dennis Randall, human resources specialist for the military personnel division (MPD).

Randall explained that people are not to use these no-fee passports for leisure travel throughout Europe, but to use a tourist, or regular-fee passport instead.

"With tourist passports, you can travel anywhere in Europe, while a no-fee passport is issued by the government for you to be on official business outside the United States while your (Soldier) is stationed overseas," he said.

Recent confusion on which passport is used for what type of travel has caused problems for some Schweinfurt residents.

"We had a family get stuck in

Austria with their no-fee passports and they had to pay a visa fine right there," said Nacomas Jones, MPD customer service supervisor.

To avoid the stress of random border checks when traveling, be sure that each individual traveling is in possession of a tourist passport. Randall and Jones suggested travelers bring both passports, just to be on the safe side.

"If you're outside of Germany with only a no-fee passport, with no tourist passport, and they just happen to have a border check, they're going to ask you what official business you are doing in that country," Randall said, adding that each country will respond to the situation based on its own national policy.

To obtain a passport, whether it is a no-fee or tourist, visit the MPD in Building 40 on Conn Barracks. Appointments and walk-ins welcome. For more information, call DSN 353-8829, CIV 09721-96-8829.



Self-Help Stores

Ansbach
Illesheim, Bldg. 6555
Mon-Fri
7:30 a.m.-1:30 p.m., 2-4 p.m.
DSN 467-4666,
CIV 09841-83-4666

Katterbach, Bldg. 5516
Mon-Fri
7:30 a.m.-1:15 p.m., 1:45-4 p.m.
DSN 467-2149,
CIV 09802-83-2149

Garmisch
Artillery Kaserne, Bldg. 265
Mon and Wed, 1-3 p.m.
Fri, 7:30-10 a.m.
DSN 440-3529,
CIV 088217-50-3529

Grafenwoehr
Bldg. 394
Mon, Wed, Fri,
9 a.m.-3:45 p.m.
Thurs, 10 a.m.-5 p.m.
Sat, 8 a.m.-2 p.m.
DSN 475-6331,
CIV 09641-83-6331

Hohenfels
USAG Hohenfels, Bldg. 742
Mon,Wed, Fri
9 a.m.-noon, 1-3:30 p.m.
Thurs, 1-6 p.m.
Sat, 9 a.m.-noon, 1-3 p.m.
DSN 466-2045,
CIV 09472-83-2045

Schweinfurt
Ledward Barracks, Bldg. 252
Mon, Fri,
8 a.m.-1 p.m., 2-4 p.m.
Tues, 8 a.m.-noon, 2-4 p.m.
Wed, 10 a.m.-1 p.m., 2-4 p.m.
Thurs, 10 a.m.-1 p.m., 2-6 p.m.
DSN 354-6853,
CIV 09721-96-6853

Vilseck
Rose Barracks, Bldg. 103
Mon, Tues, Fri,
8 a.m.-3:45 p.m.
Wed, 10 a.m.-3:45 p.m.
Thurs, 11 a.m.-5 p.m.
Sat, 8:30 a.m.-1:30 p.m.
DSN 476-2577,
CIV 09662-83-2577
CIV 09662-83-1780

Pay your utility bills, the German way

by JESS HOFBERGER
JMTC Office of Staff Judge Advocate

Think fast. How much extra pay are you receiving to cover your utilities while living in private rental housing here in Germany? Time's up. If you are a single Soldier, receiving overseas housing allowance at the "without dependent" rate the answer is €302 per month and a Soldier receiving overseas housing allowance at the "with dependent" rate the answer is €604 per month. Whoa! That's a lot of money.

It's a lot of money even though German utilities are much more expensive than back home. So why are some Soldiers having to come up with hundreds (or even thousands) of euros at the end of their tours to cover "surprise" utility bills? The answer is because some of us are not "reconciling" our utility bills, the German way.

If you live in private rental housing you must make yourself aware of how your utilities are getting billed and paid. "Utilities" include: cold water, sewage, trash, chimney sweeping, heating fuel, insurance and electricity. Get a copy of your lease and read it. You can probably scratch some of those items off your list of things you need to pay yourself because they are included in your rent.

In Germany, unlike in the United States, utility companies only read the meter once per year. Then they simply take that number and divide by 12 to calculate an "estimated" monthly bill. Since each bill will be the same, they don't send it every month – you are expected to just pay it.

At the end of the year, you and the company square-up through a process called "reconciliation." Upon moving into a new home, the monthly es-

timeate is determined either by an amount you give the utility company or the usage of the occupant before you. That can make your first year in a new house a little scary.

Consider this example. Let's say that a very frugal single person lived in your apartment before you. His electricity cost about €50 a month. After you move in, if you don't tell the utility company that you are a family of six, you are going to get a monthly bill for the same €50 a month your predecessor paid, even though you are using a lot more electricity. Then, one day you will get a "surprise" bill for all the "extra" electricity you used. This is the reconciliation. If your family of six used twice as much electricity as the single person, you might owe €50 X 12 months = €600. Ouch.

It gets worse before it gets better. Many utility companies don't send over a "meter reader" even once a year. Instead, they mail a card to your German address and ask you to read the meter yourself and mail it back in. If you don't return that card, the utility company just keeps sending the same bill month after month until you get ready to move or PCS – then the housing office does a final meter reading and obtains the final bill.

This final bill accurately measures all the electricity (or other utility) you've ever used at that location. If



Hofberger

we go back to our example family of six and imagine that they never reconciled their electrical bill for an entire three-year tour, we can see that in order to "clear housing" they will need to pay the electric company for €600 worth of extra electricity per year, for three years (€600 X 3 = €1,800.) Triple ouch.

Now it gets better. Only a little effort will spare you this rude reconciliation surprise. When asked "What should a Soldier do to prevent having to scrounge for money to pay utility bills," Rita Brunner of the Grafenwoehr housing office said, "Save some money."

Brunner said Soldiers should set aside 80-100 euros each month and be prepared to reconcile their bill each year.

Some may ask, "Save from what? The government is supposed to cover 100 percent of my expenses for private rental quarter." That's true. However, in almost all cases the €604 is more

than the sum of a family's estimated monthly utility payments, therefore creating the buffer that is needed to set something aside each month for annual reconciliation and thereby avoid end of the year bills.

The second most important thing Soldiers can do, according to Brunner, is to save any bills that come to their German mailboxes. "Don't throw it out just because it's in German!" she said. If you need assistance understanding the bill, stop by your local housing office and ask to have the bill read to you. The bills look the same month after month, so you won't need a translator very often.

Finally, it is important to reconcile each of your bills, every year, but especially the first year. Once you have an accurate usage for your particular family, your estimated monthly bills will be very close to what you actually owe and you will need to set aside much less to cover any shortfalls. This

is especially important for families that are renting homes where filling oil tanks on a semiannual or annual basis is required. Gotta have heat right? If you don't know whether you will be responsible for filling your oil tank, check your lease or call housing.

To end on a happy note, let me point out that it works the other way too. If you use less of a utility than estimated, the utility company pays you back. Also, everybody should be able to conserve enough heat, electricity and water to actually make money from the €604 monthly allowance. Finally, if you have any questions regarding your bills or if you have been living in a private rental for more than a year without "reconciling" your utilities, assemble your bills and contact your local housing office for assistance.

Editor's Note: Jess Hofberger is an administrative law attorney at the 7th Army Office of the Staff Judge Advocate.

Important details for savings on utility bills

Did you know that your local utility companies (Eon and Stadtwerk Weiden) are partnering with MWR to provide you the customer (private rental residents only) the opportunity for reimbursement for previous bills and cost savings on future monthly utility bills?

You can sign up for the program as a new private rental resident or as a current resident.

If you enter into the program prior to receiving your end of the year bill, you may be eligible for substantial reimbursement.

For example, if you moved into private rental quarters January 2010, processed paperwork through MWR in June 2010, you may be eligible for reimbursement for that entire period depending on when your yearly bill cycle ends. See you local VAT office for more specifics.

Upon establishing a rental contract and establishing an estimate of what your monthly payment to the utility companies should be, you can process paper-

work with your local VAT office to save the 19 percent tax normally associated with any purchases made in Germany. The housing office will assist you in determining what that monthly estimate should be based on past resident history.

However, you might have to take some things into consideration. You must have an account with either Community Bank or Service Credit Union from which the utility companies can debit against on a monthly basis, and a copy of your monthly bill or your end of year bill.

You will also need to make a onetime payment of \$77 by check or cash.

This simple process could initially put hundreds of euro back into pocket, and ultimately provide almost 20 percent saving on a monthly basis. Do the math.

Editor's Note: Information provided by Robert B. Massey, chief of U.S. Army Garrison Grafenwoehr's Housing Division.

Tax Relief Offices

Ansbach

Bismarck Kaserne, Bldg. 5845
Mon – Fri, 8 a.m. - 4:30 p.m.;
Closed American holidays
DSN 468-1780,
CIV 09802-83-1780

Storck Barracks, Bldg. 6510, 2nd floor
Tues – Fri, 11 a.m. - 4 p.m.;
Closed Mon and American holidays
DSN 467-4553,
CIV 09841-83-4553

Garmisch

Artillery Kaserne, Bldg. 2112, 2nd floor
(above community bank)
Tues – Fri, 11 a.m. - 6 p.m.,
Sat, 10 a.m. - 3 p.m.
Closed Mon and American
and German holidays
DSN 440-3711,
CIV 08821-750-3711

Grafenwoehr

Main Post, Bldg. 539
Mon-Fri, 8 a.m.-4 p.m.
Closed American holidays
DSN 475-1780/7157,
CIV 09641-83-1780/7157

Hohenfels

USAG Hohenfels, Bldg. 10
Mon-Fri, 7:45 a.m.-3:45 p.m.
Closed American and German holidays
DSN 466-1780,
CIV 09472-83-1780

Schweinfurt

Ledward Barracks, Bldg. 224
Mon-Fri, 8:30 a.m.-1 p.m.
and 2-4:30 p.m.
DSN 354-1780,
CIV 09721-96-1780

Vilseck

Rose Barracks, Bldg. 224
Mon-Fri, 10 a.m.-5 p.m.
Closed American and German holidays
DSN 476-1780,
CIV 09662-83-1780

Frequently asked VAT form questions

Q. What is value added tax?

A. Value added tax is a fee based on value added to a product or material at each stage of production or distribution, which is paid by its purchaser. Common to European nations, VAT is similar to the sales tax found in most U.S. states.

Q. What is the VAT rate in Europe?

A. The standard VAT – the rate with which service members and their families in Europe are most familiar – ranges from 15 percent in Luxembourg and Cyprus to 25 percent in Denmark and Sweden. The current VAT in Germany is 19 percent.

The following information uses Germany as an example. While other countries may have similar programs, it's best to check with a local tax relief office for specifics.

Q. What is VAT relief?

A. The German Federal Ministry of Finance permits U.S. forces to make purchases for many common items and services on the local economy without paying VAT. The Army Installation Management Command-Europe's Family and Morale, Welfare and Recreation division runs the tax relief program for U.S. forces in Europe, with offices at every IMCOM-E garrison and some U.S. Air Forces in Europe bases.

Q. Who is eligible for VAT relief?

A. U.S. service members, DoD civilian employees and members of their immediate families stationed in, or on temporary duty to, Europe or North Africa are eligible. Contractor personnel generally are not.

Q. How does VAT relief work?

A. Tax relief forms can be purchased at a tax relief office for a small fee – currently \$4 each or \$30 for 10 forms. The forms, which are specific to the purchaser and cannot be transferred – are presented to a vendor when a product or service is ordered. The tax is not charged, the vendor completes the form and keeps a copy to turn in to tax officials, and the purchaser keeps a copy and returns a copy to the tax relief office. The program is voluntary; purchasers are not required to use the forms, nor are vendors required to accept them. It's wise to be sure a vendor accepts the forms and that the transaction qualifies for VAT relief before making a purchase. Purchasers cannot have more than 10 forms outstanding at any time.

Q. What kinds of purchases are eligible for VAT relief?

A. Most products and services costing less than 2,500 euro qualify for VAT relief. Purchases of 2,500 euro or more may also be eligible, but require different procedures, such as advance cost estimates and payment to the vendor by a VAT relief office. Some may require advance approval as well.

Q. What kinds of purchases are not eligible for VAT relief?

A. There are many restrictions for VAT relief, so purchasers should check with their VAT office if they have questions.

In general, VAT relief cannot be used for:

- Utilities such as water, electricity or natural gas (home heating oil and propane are authorized, however, and VAT offices offer a separate utility tax relief program).
- Telecommunications services such as tele-

phones or Internet connections.

- Expenses for home construction, additions or renovations such as roof repairs, carports or electrical upgrades. There are many more restrictions on home improvements, so it's best to visit a VAT relief office before making property-related purchases.

- Expenses related to the purchase or sale of real estate. Realtor fees paid when renting are authorized, however.

- Rentals of more than one month.
- Expensive collectibles or works of art.
- Business purposes, such as expenses related to running a home-based business.

Q. What are considered improper uses of VAT relief forms?

A. Some common mistakes people make when using VAT relief forms include using someone else's form for a purchase; splitting a purchase across multiple forms; using an expired form; not providing the form when a product or service is ordered; using a form for an ineligible purpose; and using the standard form for purchases of 2,500 euro or more; and purchases for non-ID cardholders.

Q. What are the penalties for improper use of VAT relief forms?

A. If VAT relief forms are used improperly, the purchaser can be liable to pay taxes on the purchase and tax-free privileges can be suspended for a year or more. In addition, the purchaser's commander, military police and German authorities are notified, which could result in disciplinary action or tax fines. Information documents are available in English and German at every garrison's VAT office.

Rules exist for home-based businesses overseas

by JESS HOFBERGER
JMTC Office of Staff Judge Advocate

What do Apple Computer, Whole Foods Markets and Hewlett Packard have in common? If you said they started in someone's garage, you're right. Many entrepreneurial Americans have achieved stunning success with small businesses started right in their own homes. Family members stationed in Europe with their military or DoD civilian spouses might want

to carry on this very American tradition and try their hand at starting a home-based business in their government quarters. Before you can become the next Steve Jobs though, keep in mind that operating a home-based business in Germany requires compliance with a number of rules which you might not have thought about. AE Reg. 210-70 (available at https://aepubs.army.mil/ae/public/aepubs_main.asp) will give you the full story, but here are some highlights.

Before beginning your home based business it is mandatory to obtain permission from the garrison commander. Without proper permission, you could lose your housing privileges. To get this permission, contact the Commercial Affairs Office at 475-6753. You will be asked to fill out an application for the commander's staff to review.

You will also need a few documents which are just a bit more challenging to procure. At the Ger-

man *Rathaus* you will need to register your small business and get a *Gewerbeanmeldung* for a 30-euro fee. The Rathaus will then send the completed *Gewerbeanmeldung* to the German Finance Office and you will receive a questionnaire, which must be completed and returned. It is highly recommended that you discuss this questionnaire with a legal professional, as it will determine whether or not your

See **BUSINESSES**, page 25



Family member Molly Hayden considers items in the toy room at the Grafenwoehr Community and Spouses' Club Thrift Store.

Secondhand, not second rate

Thrift shops are a goldmine for shoppers with a keen eye

Story and photos by
JEREMY BUDDEMEIER
Editor

I was born frugal. It's in my blood. I've always had a knack for finding deals and making my dollars, and now euros, go further. But I don't hunt for sales and I've never clipped coupons. I shop thrift stores. But it wasn't always that way.

Growing up, my family didn't really go to thrift stores (though looking back at old pictures, our clothes definitely scream "thrift store"). No, those stores were for poor people, which is what we were. Go figure.

We also didn't shop there because we had our own in-house thrift store. As the youngest of four, everything I wore was secondhand. My grandpa was the same way, but by choice. For as long as I knew him, he got his clothes at garage sales or Goodwill stores. As I got older, and bigger, he'd open up his closet and tell me, "Go on, pick out something for yourself."

At first, I just humored him. I'd pick out some pants I was definitely *never* going to wear. Then, one magical day, with a single shirt, my horizons expanded. Describing the shirt wouldn't do it justice; it was beyond cool.

And that's when it hit me – grandpa was a genius. If I could find really cool clothes that stores were practically giving away, why would I shop anywhere else? Like a \$1 pair of bedazzled jeans, I was sold.

Since my "enlightenment," I've found myself inexplicably drawn to thrift stores, even when I'm on vacation. There are just so many options. Most of the shirts I wear to the office were purchased at various thrift stores, and my wife and I even got the clothes for our wedding at one.

Often, I'm not even looking for anything in particular (and I definitely don't need more stuff), but you just never know when that gem is going to find you.

Here in Europe, thrift store shopping has the added cultural, and sometimes even historical,



Shoes wait patiently on the shelves at the Grafenwoehr Thrift Store.

element to it. You're not just trying on a random pair of funky German pants – you're crossing the cultural divide, peering into and even sampling another person's way of life. Without getting too existential, consider the obvious, you're never going to find items like this back home.

So splurge a little. Buy that random, 2-euro handmade ashtray and send some gifts home for those family members or friends who will probably never visit you while you're here.

On-post thrift stores

On-post thrift stores offer great deals with less hassle if you're still adjusting to the language barrier, and for newcomers, that's a plus. Maria Leitold, who just arrived in October 2009, is still settling into her new home.

While she was living at the Kristall Inn and before she began working as the manager of Rose Barracks' Hidden Treasures Thrift Shop, Leitold came to the thrift shop to get basic necessities until her household goods shipment arrived.

"I didn't realize I'd need a coat that thick until I got here," Leitold said. "The thrift shop really helped."

Most stores on- and off-post routinely rotate their seasonal clothes and equipment, so now that spring is here, customers can shed their excess winter clothes and pick up some "new" spring duds.

"We like to keep things fresh and organized to make it easier for our customers to shop," said Kristin Bryant, manager, Grafenwoehr Community Spouses Club Thrift Shop. Bryant said her staff also rotates the inventory to keep regular customers happy.

Jessica Parker, whose husband serves with the 3rd Battalion, 66th Armor Regiment, is one of those regulars. Parker said she swings by the Grafenwoehr thrift store about once a week, but isn't always looking for something specific. On this trip she nabbed a huge cylindrical candle for only a few bucks.

However, there's another element to thrift stores that can make shopping there even more enticing.

As most on-post thrift stores are run by the community and spouses' club, they donate a large portion of their profits back to the community through avenues like scholarships and care packages for Soldiers.

From 2008-2009, the Grafenwoehr thrift store gave more than \$64,000 back to the community including on-post schools, Boy Scouts and the Red Cross. This year, the Vilseck Spouses' Club has already given back more than \$9,000, including more than \$1,000 each to TransAtlantaic Boy Scouts, Netzaberg Elementary (Math Manipulatives) and Vilseck High School Honors Music Festival.

Most stores also offer consignment programs where customers can leave items and share in the profits when the items sell.

For example, the thrift shop at Grafenwoehr only accepts major items like furniture or appliances, with a minimum price of \$25; and splits the profit 75 and 25 percent, customer and store, respectively. At Vilseck, customers can consign items worth \$3 or more and split the profits 70/30 with the store.

The Vilseck Hidden Treasures Thrift Store gives single Soldiers discounts on certain items and will also add a furniture section to its selection in the basement this summer.

Stop by your local thrift store and be frugal and philanthropic in the same trip.

On-post thrift stores

Ansbach

Katterbach Kaserne, Bldg. 5987
Tues & Wed, 10 a.m. – 2 p.m.,
Thurs, noon – 6 p.m.
Consignment Hours
Tues–Wed, 11 a.m. –1:15 p.m.;
Thurs, 2:30-5:15 p.m.
DSN 467-2534, CIV 09802-83-2534

Storck Barracks, Bldg. 6516
Tues, 11:30 a.m. -3:30 p.m.;
Thurs, noon -5 p.m.;
Last Sat of month, noon – 3 p.m.
(Unless holiday weekend,
then open previous weekend)
Consignments are accepted until one half
hour before closing.
DSN 467-4578, CIV 09841-83-4578

Garmisch

Artillery Kaserne, Bldg. 2112, 2nd floor
(above community bank)
Wed, 2-6 p.m., Fri & Sat 10 a.m.-2 p.m.
DSN 440-3552, CIV 08821-750-3552.
garmischcomclub@yahoo.com

Grafenwoehr

Bldg. 508
Mon –Thurs, 1st Sat of each month,
from 9 a.m.-2 p.m.
2nd Tues of each month, from 9 a.m.-5 p.m.
DSN 475-6181, CIV 09641-83-6181.
gcsconline.com

Hohenfels

USAG Hohenfels, Bldg. 344
Tues & Thurs, 9:30 a.m.-3:30 p.m.
(April-October)
Tues & Thurs, 9:30 a.m.-2:30 p.m.
(November-March)
1st Sat of the month 10 a.m.-2 p.m.
DSN 466-2798, CIV 09472-83-2798
HCSCinfo@yahoo.com

Schweinfurt

Ledward Barracks, Bldg. 231
Tue-Wed, 9 a.m.-3 p.m. & Thu, noon-5
p.m., and every 1st & 3rd Sat, 9 a.m.-3 p.m.
DSN 354-6723, CIV 09721-96-6723.
Consignments are accepted Tue & Wed.
Donations are accepted any time.

Vilseck

Rose Barracks, Bldg. 221, 1st Floor
Tues, Wed, Thurs, & 2nd Sat, 10 a.m.-2 p.m.
DSN 476-2649, CIV 09662-83-2649
Rosebarracksthriftshop@yahoo.com
vcsonline.com

Off-post

(Near Grafenwoehr)

Daikonisches Werkhof (Weiden)
Pressather Strasse 93
Mon-Fri, 9 a.m.-6 p.m.; 9 a.m.-noon.

Die Kleine Firma (Neustadt)
Stoernsteiner Strasse 4
Neustadt a.d. Waldnaab, 92660
Mon-Fri, 9 a.m.-6 p.m.; Sat, 9 a.m.-1 p.m.
CIV 0170-553-0461

Spouses' club welcomes new members

by **EMILY ATHENS**
USAG Schweinfurt Public Affairs

For those who seek to be more active in the community or simply want a guaranteed monthly outing with other members of the community, the Schweinfurt Community and Spouses' Club (SCSC) is for you.

According to the organization's mission statement, SCSC builds charitable capital and provides grants and services that contribute to the health and vitality of the community.

"We hope to create lifelong friendships and strengthen families. ... that's the bottom line," said Teresa Duncan, former SCSC president.

Last year, SCSC distributed \$50,000 throughout the community to agencies such as the Boy Scouts, American Red Cross and unit family readiness groups.

"Some organizations and individuals may not be able to do some of the things they do if all of us in the spouses club weren't doing what we're doing."

SCSC continues to welcome all ID card-holders of the community, family members and civilians alike, to join for a fee of \$10. The 2009-2010 season runs through July.

"As a member, you get a chance to do a good thing in the community ... and have fun doing it. It's a good sense of camaraderie," said Diana Eshelman, program co-chair. "I wouldn't know a lot of the people I know

from other units if it weren't for SCSC. Also, if you want to make a positive contribution to the community, SCSC is the way to do that."

According to Eshelman, monthly events are offered in the evening and during the day, providing such activities as wine tasting, spa treatments, a boat cruise and much more.

"You can dress it up or play it down as much as you want. It's fun no matter what," Eshelman said.

Furthermore, the SCSC offers volunteering opportunities for those looking to devote time to the community, but members aren't required to volunteer.

For more information, visit www.schweinfurtspousesclub.com, or e-mail scscmail@googlemail.com.

Ein bisschen Deutsch (A little bit of German)

1. How much does this cost?
Wie viel kostet das? (*Vee feel cost-et dahs*)
2. Can you write down the price?
Koennen Sie bitte den Preis aufschreiben?
(*Kuh-nen zee bitt-eh den price owf-shr-eye-ben?*)
3. Do you accept VAT / tax forms?
Akzeptieren Sie Steuerformulare?
(*Ax-cep-teer-en zee sh-toy-er-form-ulair-eh?*)
4. Do you have this in a smaller / larger size?
Haben Sie dies in einer kleineren / grosserer Groesse?
(*Habben zee dees in ayn-er klayn-er-er/grows-er-er grows-eh*)
5. Do you have a bag, please?
Haben Sie eine Tasche, bitte?
(*Habben zee ayn-eh tash-eh, bitt-eh*).

Bayrish Irish offers visitors a slice of home

Step outside the schnitzel and pommes and experience a culture within a culture while living in Bavaria

by JEREMY S. BUDDEMEIER
Editor

Fifteen kilometers from Vilseck lies an oasis of Irish culture nestled in the German countryside. A staple in the small Koenigstein community, the Bayrish Irish has been pouring pints and serving stew for more than a decade. And although you can order a fresh Guinness and some shepherd’s pie, it’s not your typical Irish pub. As you enter through the large, creaking wooden doors, the dimly lit interior welcomes you in. The intimate dining area, which consists of no more than 5-6 tables, feels more like a living room. Handmade crafts clamor for attention on the window sills and board games like Trivial Pursuit, Scrabble and Memory loiter on the shelves in the corner. And then it hits you: this *is* a living room. Gerhard and Marina Reilly opened the downstairs of their home as a restaurant in 1998. The couple’s ties to their German and Irish heritage befit the restaurant’s name. Gerhard’s mother moved from Germany to County Wicklow, Ireland, after World War II. After spending the first 20 years of his life in Ireland, Gerhard moved to Munich and gained experience cooking in various restaurants. Marina took a different route.

“I never had anything to do with gastronomy and never wanted to,” Marina said, in English with a bit of brogue. Marina grew up a few towns over from Koenigstein in Hahnbach, studied fashion and worked for a master tailor in Munich. Together, the Reillys epitomize the cottage industry. Marina designs and alters clothes, and creates homemade jams and chutneys. She even makes liquors from local flowers, including ginger dandelion and gooseberry apple lemon. Though Gerhard got his start cooking in Munich’s biergartens, the meals that come out of his kitchen are anything but oom-pah-pah. It is as if he puts a personal, gourmet touch on Irish grub. The menu, which is available in German and English, changes frequently as well.

Besides the go-to pub favorite fish and chips, which occupies regular spot on the “specials” board, don’t leave without trying the soup (fruity tomato cream soup with feta cheese and the bacon-broccoli soup are definite crowd pleasers); or the rumpsteak with roast potatoes and broccoli in a honey-mustard pepper sauce. In both cases, you may want to order an extra basket of bread to sop up the remaining sauce. Trust me. If you still have room after an entree and the obligatory Guinness, splurge for the pancake, which combines sliced, caramelized apples and a scoop of rich ice cream on dinner plate-sized crepe. Heaven. The crowd at the Bayrish Irish is a good mix of businessmen, American families and local youth. There is rumor of a weekly, local musicians’ jam on Thursdays from 7-9 p.m., but the winter must have driven them off. As the summer gains momentum, the restaurant’s outdoor biergarten is sure to become the focus, and perhaps the live music will return. So if you’re looking for a change from the usual German cuisine, get cultured at the Bayrish Irish. Everything is cooked to order, so it may take a little longer, but what’s the rush? After all, you can always have another pint while you wait.



Photo by Molly Hayden
Customers enjoy the warm atmosphere at the Bayrish Irish in Koenigstein, approximately 15 kilometers from Vilseck.

Area Restaurants

Ansbach Pizzeria-Ristorante Calimero Laurentiusstr. 1, (Elpersdorf) 91522 Ansbach Tues-Sun, 5 p.m.-11 p.m. CIV 0981-466-2177. Specializes in pizza and pasta dishes, and seasonal entrees. Small family-run business, cozy atmosphere, friendly service.	Grafenwoehr Gasthaus Schuettersmuehle Schuettersmuehle 4, 91278 Pottenstein Tues-Sun, 11:30 a.m.-2 p.m.; 5-9 p.m. CIV 09243-207. Affectionately known by Americans as “Steak on a Stone,” this gasthaus is famous for several of its exotic entrees, including kangaroo, ostrich and crocodile, which are served on hot, flat cooking stones.	Schweinfurt Delphi – Greek restaurant Am Oberndorfer Weiher 12, 97424 Schweinfurt CIV 09721-82493. Delphi is a typical Greek restaurant with specialties in lamb dishes, as a lamb roast or a steak. On the menu patrons will find popular Greek dishes like Moussaka, as well as exotic choices like their ostrich steak. The restaurant offers a smoke free, clean and modern environment, yet a comfortable ambiance with tables for two or larger and can even accomodate companies up to 120 people. The menu and the friendly service are also available in English language.
Garmisch Bollywood Tandoori Indisches Restaurant Griessstrasse 12, 82467 Garmisch-Partenkirchen CIV 088219-67-2196. Open daily for lunch and dinner. A favorite of the American community with relaxed, friendly service offering a big menu in English of Indian and Punjabi specialties. From spicy vindaloo to sweet banana chicken, the cuisine is outstanding. Try the special Thali surprise menu by the chef, topped off with homemade mango liquor or schnapps.	Hohenfels Il Cigno Rosso Italian Pizzeria and Restaurant Marktstrasse 6, 92331 Parsberg. This cozy, casual Italian restaurant has friendly staff and English translations for every menu item. They serve excellent brick-oven pizzas with a wide range of toppings that you can also order to go. The lasagna and quattro formaggi pasta are especially delicious.	Vilseck Bayrisch-Irish Unterer Markt 9, 92281 Koenigstein Wed-Sat, 5 p.m.-1 a.m.; Sun, 3 p.m.-1 a.m. CIV 09665-95-3245 www.bayrisch-irish.com.

Ein bisschen Deutsch (A little bit of German)

1. Do you have a menu in English? Haben Sie eine Speisekarte auf Englisch (<i>Habben zee eye-na shpy-za-karteh owf English?</i>)	4. I’d like a ____ (beer, glass of wine, water without carbonation), please. Ich haette gerne ein ____ (bier, wine, wasser ohne gasse) bitte (<i>Eek hetta gurn ayn beer vine, vass-eh oh-neh gas</i>) bitt-eh	6. Another one, please. Noch einz, bitte. (Nach aynz)	<i>shhmekt sair goot)</i>
2. Where is the restroom? Wo ist die Toiletten? (<i>Voh ist dee toy-letten</i>)	5. Tap water, please. Leitungs Wasser, bitte. (Lye-tungz, vass-eh, bitt-eh)	7. Together / Separate checks Zusammen (<i>zoo-zah-men</i>) / Getrennte (<i>Geh-tren-teh</i>)	9. Check, please Die Rechnung, bitte (<i>Dee Rrrleck-noong, bitteh</i>)
3. What do you recommend? Was empfehlen Sie? (Vas emp-feh-len zee)		8. The food tastes really good. Die essen schmecht sehr gut (<i>Dee ess-en</i>)	10. Can we get this to go? Zum mit nehmen? (<i>Zoom mitt nay-men</i>)
			11. Thanks! See you later. Danke! Tschuess. (Dank-eh! Tschoose).

Embrace living overseas – Wal-Mart can wait

by KRISTIN BRADLEY
USAG Hohenfels Public Affairs

Moving to a new country brings with it many decisions, some trivial and some important. There is where to live, how to arrange your things, whether or not to buy a new car and much more. On top of all that, you have probably overlooked one crucial decision. It is not listed on any in-processing checklist, but it will affect every day of your life here. In essence, you need to decide how you will live your life for the next few years. You need to decide whether you will use your time here as the unique opportunity it is or waste it dwelling on the things you miss about the United States. I’ll admit, when you first arrive at a German airport jetlagged and without a clue about what to do next, it is hard to get excited about your new home. You can’t speak the language so you cannot ask questions, follow signs or even read a menu. You find cultural differences that take a little



Bradley

time to get used to such as stores that are all closed on Sunday, and probably early on Saturday as well. There are no multiplex movie theaters (in English anyway) or super-sized grocery stores. And don’t get me started on all the restaurants I miss. In the first few weeks and months while you get settled in, it can be hard to remember that along with the challenges come many benefits. You have been given a rare gift when you moved overseas. Few Americans have ever visited, let alone lived in, another country. They will never visit a Christmas market or Oktoberfest or decide on a whim to visit Austria or the Czech Republic or France for the weekend. Few people have been given a chance to experience another culture and a different way of viewing the world; embrace it. The

opportunity to see history unfold from a different perspective is one that can transform you if you let it. Unfortunately, I know far too many people who choose to ignore the enviable opportunity they have living in Europe to dwell on what they don’t have. You will not die without a Wal-Mart on every corner. You will survive for a few years without Applebee’s and Blockbuster. What you don’t have in the United States is the ability to explore the world’s oldest cities and examine thousands of years of culture right outside your doorstep — take advantage of it now because while you will have Wal-Mart in your life again someday, you will probably never again live in Europe. To be fair, I’ll admit that there is more to adapting to life on a new continent than changing your shopping habits. Missing loves ones can be one of the hardest things to get used to, but we are lucky to live in a time of cheap long distance phone calls, e-mail and Skype. As wonderful as it is, traveling is expensive. Though jetting to Paris for the weekend with

two adults and three children is not in most people’s budget, there are many ways to make it work. Each post’s Family and Morale, Welfare and Recreation offers very reasonably priced day and weekend trips. Compare costs between flying, driving or taking the train. Travel with friends to share transportation and lodging costs. Even if all you can afford are day trips, that still opens an array of new discoveries you won’t find in the United States. I am always astounded that the people who find themselves unhappy here believe their attitude is out of their control. They believe that the Army sent them away from family to a place without Wal-Mart and drive-throughs and they have no say in the matter. What they forget is that they can choose to work past these challenges, choose to find excitement in discovering new things. It is an active choice you make every day and though some days can be more difficult than others, no one can make that choice for you. I hope it is not too late for you to make the right one.

Religious Services

Community honors vow made four centuries ago

Oberammergau’s world reknown Passion Play to be performed in 2010

Story and photo by
TRECIA A. WILSON
Assistant Editor

Descendants of the small community of Oberammergau, Germany, located in Southern Bavaria, take their vows seriously. So seriously, in fact, that every 10 years the community puts on a performance of the famous “Passion Play,” the life and death Jesus Christ, for people worldwide.

What kind of vow could elicit such dedication?

In 1633, Germany was in the midst of the 30-year war and suffering from poverty and the Bubonic Plague. In terror and desperation, the villagers of Oberammergau gathered and prayed to God. They plead with him to protect them from these atrocities. Their vow, should he honor their plea, was to perform the Passion Play every 10 years for eternity.

They survived and, as a result, in 1634 put on their first production of the play, beginning a 400-year homage

to their God.

The first play was performed on Whitsun, the seventh Sunday after Easter, also known as Pentecost. It was performed open air on a stage built in the cemetery above the graves of the recent plague victims (www.oberammergau-passion.com/en-us/the-passion-play/the-history/17th-century/history-17th-century.html).

The uniqueness of this town’s production of the Passion Play extends to more than its vow. Only Oberammergau descendants or persons who have lived within the community for 20 years or more are permitted to participate. Oberammergau descendants come from all over Germany, interrupting their normal lives, to honor this sacred pledge.

Members of the cast are not professional actors. Most have regular jobs; Jesus is a psychologist most days, only performing on stage for these decennial productions. The cast is all volunteers who dedicate one year of their time every 10 years to performing

this homage.

This is no small production either. It takes more than 2,000 community members to produce. Rehearsals begin 10 months before opening night and in addition to the cast, there is a 60-member orchestra, which plays the show’s musical score.

The score was composed in the 19th century by Rochus Dedler, again a resident of Oberammergau. This year, rearrangements and adaptations were made by music director Markus Zwink, who has also composed several new pieces to accompany scenes.

The show lasts five hours and is divided in half with a three-hour dinner break between. Attendees will want to thoroughly research the show before going since it is very popular and reservations are usually made months in advance. The 2010 production opens May 15 and will continue through Oct. 3. Shows begin at 2:30 p.m. and end at 10:30 p.m.

Oberammergau, 62 miles south of Munich, is located in the Bavarian



This crucifix stands in Grafenwoehr near a small church.

Alps on the River Ammer. It is home to approximately 5,300 inhabitants. The community is small and sits in the foothills above Garmisch. It is the quintessential Bavarian community complete homes with handcrafted wooden balconies often lined with flowers for as long as the weather permits. Elaborate frescoes, dating back to the 18th century, grace the sides

of these homes and businesses and wood carving is a common tradition among local artisans. These frescoes are usually religious themes or scenes from fairytales and were painted on homes of those with wealth and status.

Complete details about the play and Oberammergau can be found at www.oberammergau-passion.com/en-us/home/home.html.

Easter well tradition stems from Bavaria’s ‘Little Switzerland’

by **SUSANNE LEHR**
Special to the Bavarian News

Germany is a country of numerous traditions. As Easter nears, you may start to see interesting things popping up in your community related to this very important Christian event. Easter is the most important religious feast for Christians because they celebrate the resurrection of Jesus from the dead.

Countries around the world celebrate Easter in their own unique way. In Germany, like the United States, one of the best-known traditions is the Easter egg hunt. Real eggs painted various colors, and also some made of chocolate or other sweets, are hidden and children run around searching for them. Germans also celebrate with Easter markets. At these markets, shoppers can buy Easter-related items and special children’s programs are offered to visitors. Of course, typical food and drinks are available too. The Paschal Lamb is a cake in the form of a lamb and reminds us of Jesus who died innocently for the people.

The Easter well is an Easter tradition specific to Bavaria, and originated in Little Switzerland (Fraenkische Schweiz). In smaller towns and villages, the community gathers to decorate



Photo by Trecia A. Wilson



Courtesy photo

public wells with painted Easter eggs and colorful bows.

The purpose of this custom is not exactly known. Some say this tradition would guarantee health, wealth and success. Others say it had a direct relation to water as Little Switzerland is known to be poor in potable water.

Although the Easter tradition in general is more than 2,000 years old, decorating Easter wells is relatively new. According to oral

tradition, the first Easter well was decorated in Aufsess in 1909. Each town gives its well a unique look. In 2005, the town of Sulzbach-Rosenberg decorated its Easter well with more than 16,000 eggs, which earned it a spot in the Guinness Book of World Records.

Check your local community for information about Easter activities or local Easter wells, you’ll be glad you did.

For more information about Easter markets in Schloss Burgellern in Schesslitz and Nuremberg, including hours and special shopping opportunities and events, particularly for children, visit the following Web sites:

- www.fraenkische-schweiz.bayern-online.de/magazin/veranstaltungen/ostern/artikelansicht/veranstaltungen-maerkte-ostern-christrosen-ostermarkt-fraenkische-schweiz-burgellern-schesslitz-2010/
- www.nuernberg.de/internet/marktamt/ostermarkt.html

Visitors can also join organized bus tours to the different Easter wells in the region. More information is available at:

- http://osterbrunnen-online.de/page_1_1.php, and
- www.fraenkische-schweiz.com/info/veranstaltungen/ostern/osterspachalen.html.

Religious Centers

Ansbach

Chapel and Chapel offices
Katterbach Kaserne, Bldg. 5819
Mon–Fri, 8 a.m. – 4:30 p.m.
DSN 467-2785
CIV 09802-83-2785

Club Beyond
DSN 467-2685
CIV 09802-83-2685

Family Life Chaplain
(2nd Floor, Bldg. 5819)
DSN 467-2235/2090,
CIV 09802-83-2235/2090
Mon-Fri, 8 a.m.-4:30 p.m.

Chapel and Chapel Offices
Bldg. 6643, Storck Barracks
Mon. – Fri., 9 a.m.-5 p.m.,
Sunday, 8:30 a.m.-3:30 p.m.
DSN 467-4642/4826
CIV 09841-83-4642/4826

Garmisch

Chapel and Chapel offices
Sheridan Kaserne, Bldg. 127
Mon–Fri, 9 a.m.-5 p.m.,
Sun, 8 a.m.-2 p.m.
DSN 440-2519
CIV 088217-50-2519

Grafenwoehr

Bldg. 555, Mon-Fri,
7:30 a.m.-noon, 12:45-4 p.m.
Main office DSN 475-1370
CIV 09641-83-1370

Annex DSN 475-1570
CIV 09641-83-1570

Catholic Congregation
Graf Chapel
Catholic Confession
8:30 a.m. Sun., in the BSC
Sun. Mass, 9 a.m.
Mon & Tues Mass, 12:05 p.m.

Gen. Protestant Congregation
Graf Chapel
Sun. Worship, 10:30 a.m.
Sun. School, 9 a.m.

Gospel Christian Fellowship
Graf Chapel
Sun. Worship, 1 p.m.
Tue. Bible Study, 6:30 p.m.

Church of Christ
Graf Chapel, 3:30 p.m.

Netzaberg Pentecostal Service
(COG) CYS Youth Center
Sun. Worship, 10 a.m.
Wed.Bible Study, 6:30 p.m.
(Graf Chapel)

Contemporary Adult Service
Wed, at 8 p.m. (Chapel Annex)
Upstairs Conference Room
transformed into a Christian Cafe/
Worship Center.
For young adults, single or married,
No childcare available.

Jewish Study/Resource Group
Bldg 555, Graf Main Post
1st Tue. of month
7-9 p.m.

Protestant Women of the Chapel
(Chapel Annex)
Thur., 9–11:30 a.m., free child care
5:30-7 p.m. Wed, (no child care)

Protestant Men of the Chapel,
Lunch Bible Study (Chapel Annex)
Thur.11:45 a.m.-12:45 p.m.

Youth Activities,
High School - Tue. 5:45-8 p.m.
Vilseck Chapel
Middle School - 3:30–5 p.m., Wed.
Netzaberg Middle School
7:30 a.m. HS Bible Study
VHS cafeteria

MCCW Bible Study,
2nd and 3rd Tues at 12:05 p.m.;
2nd and 4th Thurs at 6 p.m. (Graf)

AWANA
(For children 4 yrs – 6th grade)
Graf Chapel Annex, Bldg. 140
Sundays (No 4-day weekends)
3:30-5:15 p.m. (during school year)

Hohenfels

Religious Support Center
Hilltop Chapel Center, Bldg. 6,
USAG Hohenfels
Mon-Fri, 9 a.m.-5 p.m.
DSN 466-1570,
CIV 09472-83-1570

Family Life and Youth Center
(Club Beyond)
USAG Hohenfels, Bldg. 743
Open Mon-Fri 8 a.m.-5 p.m.
Weekly dinner and game night

Mon., 5:30-7 p.m.
High School Club Beyond
Wed., 5:30-7 p.m.
Middle School Club Beyond,
Thurs, 3-4:30 p.m.
DSN 466-4793,
CIV 09472-83-4793

Family Life Chaplain
Bldg 747, USAG Hohenfels
Call for an appointment
DSN 466-3330
CIV 09472-83-3330

On Call Chaplain
Call the Installation Ops. Center
24 hours a day
DSN 466-2819,
CIV 09472-83-2819

Military Council of Catholic Women
Bible Study Thursday, 9:30 a.m.,
Main Post Chapel, Bldg. 2
DSN 466-2226
CIV 09472-83-2226, or
emailgregnatalie4@aol.com

Protestant Women of the Chapel
Bible Study Tuesday, 9 a.m.,
Hilltop Chapel Center, Bldg. 6

Mother, Child Bible Study
Wed, 10 a.m.
Hilltop Chapel Center
DSN 466-1570,
CIV 09472-83-1570 or email
crystal.tackaberry1@us.army.mil

Sunday Church Services
Catholic Services
Main Post Chapel, Bldg. 2,
USAG Hohenfels

Sun, 9:30 a.m.

Church of God in Christ
Main Post Chapel, Bldg. 2,
USAG Hohenfels
Sun, Intercessory Prayer 11 a.m.,
Worship Service 11:30 a.m.,
Children’s Church 12:30 a.m.,
Sunday School 1:30 p.m.

Protestant Service
Nainhof Chapel, Bldg. 2A,
USAG Hohenfels
Sun., 11 a.m.

All Nations
Nainhof Chapel, Bldg. 2A,
USAG Hohenfels
Sun, 1:30 p.m.,
Sunday school, noon,
Hilltop Chapel Center, Bldg. 2

For more information about weekly services and prayer groups, visit the Hohenfels Web site, www.hohenfels.army.mil, or call DSN 466-1570, CIV 09472-83-1570.

Visit the Hohenfels Web site or contact the Hilltop Chapel Center for information on Mormon, Muslim and other faith services.

Schweinfurt

Ledward Chapel and Religious Support Team
Ledward Barracks, Bldg. 242
Mon-Fri, 8 a.m.-5 p.m.
DSN 354-1370, CIV 09721-96-1370
DSN 354-1370, CIV 09721-96-1370
For more information, visit www.schweinfurt.army.mil/Information/support/chaplain/Chaplain.htm.

ODR brings the adventure to you

Grafenwoehr and Rose Barracks ODR programs are ready for spring; contact your local ODR for a complete listing of upcoming trips

High Ropes course

Our High Ropes course (the largest in Germany) offers you many challenges. Designed with an emphasis on trust and team building, this activity is very effective in building the moral and “esprit de corps” of your unit or group. With over 15 different challenges located 40 feet in the air, we guarantee a challenge for every participant. High Ropes course trips can be coordinated quite easily. To keep costs down it is recommended that your group be at least 10 participants in size. We can easily facilitate groups from 10 to 50 participants.

Trip dates are based on unit or group demand.

Klettersteig

Alpine hiking, or Klettersteig, is a European specific hiking discipline that combines hiking and climbing. Rather than climbing up a rock face, klettersteiging involves “crossing” or “traversing” rock walls on an established trail while utilizing a safety harness and safety belays.

Our local Klettersteig is located in the Hirshbach Valley. Approximately 45 minutes drive time from Grafenwoehr/Vilseck, the Hohengluecksteig Klettersteig has various routes guaranteed to satisfy all types of participants. From calm to extreme, a Klettersteig adventure can be customized to meet your needs.

The trip costs \$30 per person and includes transportation to the site, instruction, use of safety gear and a guide.

Next trip: May 8

Trip leaves Grafenwoehr ODR at 10 a.m.; Rose Barracks ODR at 10:30 a.m., and returns at 4:30 p.m. (Rose Barracks) and 5 p.m. (Graf).

Caving

Join us for an underground expedition! We will take you through the largest natural cave in Bavaria!! The Bismarck Grotte is Bavaria’s best kept spelunking secret. Let us guide you on an exciting 3-4 hour tour of this natural wonder. Using headlamps you’ll crawl through tunnels, use basic rock climbing techniques to climb up tubes and maybe see some bats.

Per person price for this trip is \$30.

Included in this price are transportation to the site, instruction, usage of safety equipment and a guide.

Next trips: April 24 and June 5

Trips leave Grafenwoehr ODR at 10 a.m.; Rose Barracks ODR at 10:30 a.m., and returns at 4:30 p.m. (Rose Barracks) and 5 p.m. (Graf).

Rappelling

Our Rappelling classes and trips are designed to introduce our customers to the exhilarating sport of Abseiling. During our trip participants will learn about proper equipment, route setup, safety and self-rescue techniques. At the conclusion of the trip, participants will have the necessary knowledge to pursue this sport during their leisure time.

The trip costs \$25 per person Included in this price are transportation, instruction on equipment and safety equipment.

Next trip: June 18

Trip leaves Rose Barracks ODR at 9 a.m., Grafenwoehr ODR at 9:30 a.m.; and returns at 4:30 p.m. (Graf) and 5

p.m. (Rose Barracks).

Mountain Biking

Bavaria is an excellent area for mountain biking Come and join us on our weekly mountain bike rides.

Each Monday we will take you to a new trailhead for the opportunity to hone your skills. From single track to hill climbs (and descents), rocky terrain to stream crossings, we have something here for beginners and advanced riders alike. Join the group to get in shape, make some friends and enjoy nature.

Our weekly trips depart each Monday at 5:30 p.m. from Graf ODR, and 6 p.m. from Rose Barracks ODR.

Cost is \$7 per trip, or free with Mountain Bike Club Membership (see below).

Trip dates: Each Monday starting April.

Mountain Bike Club

Join our Mountain Bike Club and receive the following benefits:

- Free fare on every Monday ride from April through Sept.
- Free maintenance on your personal bike for the season (April–Sept.)*
(Basic tune-up cost for nonmembers is \$25)
- Free maintenance classes covering everything from brakes, gears, drive-train and lubrication.
- Free trailside fixes on Monday rides (parts not included).
- 10 percent discount on Passau-Vienna Bike Tour (Sept. 3-5).

Mountain Bike Club membership fee is \$125 per person. Additional bikes incur a \$35 fee to be added to your program benefits (maintenance).

Rock Climbing and Belay Certification

Did you know we live a stone’s throw from one of the largest and most famous climbing areas in Europe? The Frankenjura has more than 700 crags and over 8,000 rock climbing routes, some of which are less than a half hour from Vilseck/Grafenwoehr.

There are a variety of routes for every skill level and trips can be customized for different groups. The Frankenjura is the perfect place to learn to climb or build on skills you already have.

Our weekly trips begin in June and depart Thursdays at 5:15 p.m. from Graf ODR, and 5:45 p.m. from Rose Barracks ODR.

Cost is \$15 for belay instruction or \$10 if you are already belay certified or to just climb.

Included in belay price are transportation, instruction on equipment and belay techniques

Included in climb price are transportation and equipment rental.

Weekend Trip

Next trip: June 26

Trip leaves Grafenwoehr at 9 a.m. and Rose Barracks ODR at 9:30 a.m.; and returns at 5 p.m. (Graf), and 5:30 p.m. (Rose Barracks).

Weekend trips cost \$30, and include transportation, belay instruction and gear rental.

Editor’s Note: Information provided by Lauren Murton, recreational assistant at Rose Barrack’s Outdoor Recreation Office.



A horizontal steel cable guides Spc. David Reid, 172nd Infantry Brigade, during an Outdoor Recreation klettersteig course.

Outdoor Recreation

Ansbach

Katterbach Kaserne,

Bldg. 5807, 1st Floor

Mon–Fri, 11:30 a.m.-6 p.m.;

DSN 467-3225, CIV 09802-83-3225

Garmisch

Pete Burke Center, Bldg. 725

Mon-Fri, noon- 6 p.m.

DSN 440-2638, CIV 08821-750-2638

Grafenwoehr

Main Post, Bldg. 547

Mon, Tues, Thurs, Fri, 11 a.m.-6 p.m.

DSN 475-7402, CIV 09641-83-7402

Hohenfels

USAG Hohenfels, Bldg. H15

Mon, Tues, Thurs, Fri, 12:30-5:30 p.m.

DSN 466-2060, CIV 09472-83-2060

Schweinfurt

Bldg. 50, Conn Barracks

Tue-Fri, 10 a.m.-5:30 p.m.

Sat, 10 a.m.-4 p.m.

DSN 353-8080, CIV 09721-96-8080

Vilseck

Rose Barracks, Bldg. 2236

Mon, Tues, Thurs, Fri, 11 a.m.-6 p.m.

Sat, 9 a.m.-1 p.m.

DSN 476-2563, CIV 09662-83-2563

*open Sat & Sun from Memorial Day through Labor Day

BOSS gives Soldiers opportunity to improve their community

Special to the Bavarian News

What is BOSS?

The Better Opportunities for Single Soldiers is a program that supports the overall quality of life for single Soldiers. The BOSS program encourages and assists members to identify and influence well-being issues and concerns that can directly or indirectly enhance their morale, living environment or personal growth/development, and provide recommended improvements through the chain of command.

BOSS provides single Soldiers the opportunities to identify and plan recreation and leisure activities. Additionally, it gives them the opportunity to participate in and contribute to their respective communities. The three pillars of the program are recreation and leisure, community service and well-being.

History

BOSS was established in 1989 to respond to the recreation needs of single Soldiers, who made up 37 percent of the Army. As the program was implemented throughout the Army, it became evident that Soldiers’ well-being was the primary concern for the single Soldier.

Participants

The BOSS program is targeted at you, the single Soldier. This also includes single parents and unaccompanied service members. Although the intent of the BOSS program is to provide

recreation and leisure activities for single service members, events are typically open to all authorized MWR patrons.

What is the single Soldier’s role?

The BOSS program is a single Soldier driven program. Single service members from major subordinate commands and separate units on an installation comprise the program and its committees. Single Soldiers have the opportunity to be local BOSS board members, unit representatives, or volunteers to assist in planning events and attending activities.

How does BOSS work?

Installations organize a formal BOSS program. It includes a committee of single Soldier representatives from installation units. Typically the installation command sergeant major serves as the senior military advisor to the council.

An installation MWR advisor is appointed to provide guidance in the planning of activities, financial accountability, and marketing.

The Department of the Army BOSS Circular (DA Cir 608-04-01 and AR 215) defines the roles of the chain of command and MWR personnel at all levels.

Issues raised by BOSS

BOSS members are encouraged to identify both local and Armywide well-being issues and concerns that affect their quality of life.

These issues are thoroughly addressed during

BOSS meetings to assess the issue and determine recommended improvements. The issues are formatted and submitted to the senior military advisor to find a solution through the proper command channels or local staff agencies.

Issues that cannot be resolved at the installation level will be submitted to the installation Army Family Action Plan, or AFAP, forum. If adopted by the local AFAP delegates and approved by the commander, the issues are then forwarded to the U.S. Army Garrison AFAP forum.

The next step, if adopted, is the Headquarters, Department of the Army. AFAP Conference where it can change laws, DoD and Army policies, and improve overall well-being programs and services.

BOSS’ three pillars

The three pillars of BOSS include recreation and leisure, community service and well-being. Recreation activities may be planned solely by the BOSS committee or in conjunction with other MWR activities. Soldiers assume the primary role in planning BOSS events. BOSS committees often elect to participate in community programs or projects, which make a difference in the lives of others, the community, and ultimately, themselves. Well-being deals primarily with those things single service members can directly or indirectly influence to enhance their morale, living environment, or personal growth and development.

BOSS Programs

Ansbach

Bismarck Kaserne, Bldg. 5845

DSN 467-2921/2595 DSN 468-7336

Closed until further notice except for BOSS events and facility rentals.

Grafenwoehr / Vilseck

Main Post, Bldg. 547

Mon-Fri, 9 a.m.-5 p.m.

DSN 475-6116, CIV 09641-83-6116

Hohenfels

USAG Hohenfels, Bldg. 321

No set hours

DSN 466-4545, CIV 09472-83-4545

Schweinfurt

Conn Barracks, Bldg. 64

Mon-Sun, 11 a.m.-8 p.m.

DSN 353-8476, CIV 09721-968476

*Garmisch does not have a BOSS program



Ansbach

All events in 91522 Ansbach
May 7-13: Spring Fest Ansbach – Festplatz in
June 2-6: Altstadtfest (Old Town Fest)
July 2-4: Rokoko Festival – Orangerie
July 8-14: Ansbach Kirchweih Fest – Festplatz
July 16 & 17: Stadtgrabenfest (City Moat Fest)
with Kinderfest
July 23-25, Ansbach Open (music, live bands)
July 27–Aug. 1: Kaspar Hauser Festival
Oct. 1-24: “From Historical Cookbooks” - Culinary Weeks –
Different restaurants downtown offer fall specialties
Nov. 26-Dec. 23: Christmas Market

Garmisch

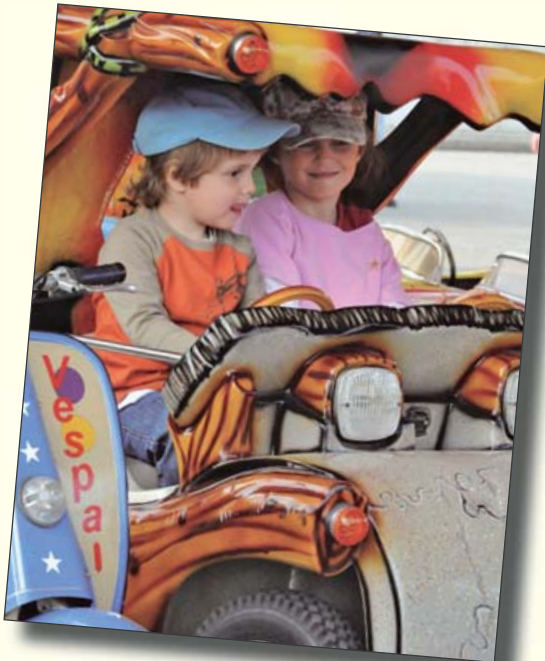
April 25: Georgi Market, Partenkirchen
May 7-8: Fruehlingsfest, Garmisch
Fussgaengerzone
May 7-8: 8th International Military Music Festival,
Olympia Eisstadion
June 12-18: Richard-Strauss Festival
July 2-4: BMW Motorrad Days, the world’s biggest
BMW motorcycle rally, Am Hausberg
July 31-Aug. 8: Garmischer Festwoche
Aug. 7-16: Partenkirchner Festwoche
Aug. 26-Sep.26: Kultursommer
Sept. 10-12: 75th Anniversary
Garmisch-Partenkirchen
Nov. 7: Martini Market, Garmisch
Dec. 3-23: Christmas Market

Grafenwoehr/Vilseck

Now through April 5: Easter Market at Nuremberg
March 27: Historical Vilseck city tour with live actors
April 3-5: Easter Market with market yellers
April 3-18: Nuremberg Spring Fest
April 11: Sulzbach-Rosenberg
Market Sunday (open stores)
April 17: Kirwa Warm-up at Vilseck-Sorghof
April 23-May 2: Spring Fest at Weiden
May 8-16: Spring Fest at Sulzbach-Rosenberg
May 13-16: German-American Volksfest
Rodeo and Vilseck
May 21-30: Spring Fest at Amberg
May 22-25: Kirwa at Vilseck Axtheid-Berg
May 29-31: Kirwa at Schoenlind
June 4-6: Rock in the Park at Nuremberg
June 12-13: Amberg Altstadtfest
June 13: Gardenfest at Vilseck-Schlicht
June 18: Beach Party at Vilseck
June 19-20: Fisherfest at Vilseck
June 25-27: Medieval Altstadtfest at
Sulzbach Rosenberg
June 26-July 4: Bergfest at Amberg
June 27: Buergerfest Weiden
June 27-July 4: 100th Anniversary of
Grafenwoehr Training Area
July 3-4: Kirwa at Gressenwoehr
July 10-11: Kirwa at Seiboldsrcht
July 18: Kinderbuergerfest
July 24-26: Kirwa at Sorghof
July 24-Aug. 1: Bergfest at Sulzbach-Rosenberg
July 31-Aug. 1: Vilseck Brunnenfest
July 31-Aug. 1: German-American Volksfest
Aug. 1: Weiden Jakobimarket
Aug. 6-15: Volksest at Weiden
Aug. 7-15: Bergfest at Hahnbach
Aug. 8: Pool fest at Vilseck Outdoor Pool
Aug. 20-23: Kirwa at Schlicht Aug. 27-12
Throughout Sept.: Fall Volksfest at
Nuremberg with large outdoor market
Sept. 4-6: Kirwa at Ebersbach
Sept. 9: Wine Fest at Vilseck
Sept. 11-18: Bergfest at Vilseck
Sept. 16-27: Nuremberg Altstadt Fest
Sept. 24-Oct 3: Fall Volksest at Amberg
Oct. 3: Weiden Michaelimarket
Oct. 23-24: Kirwa at Vilseck
Nov. 21: Weiden Kathreinmarket



Photo by Molly Hayden



Unless otherwise annotated, all photos are file photos.

Hohenfels

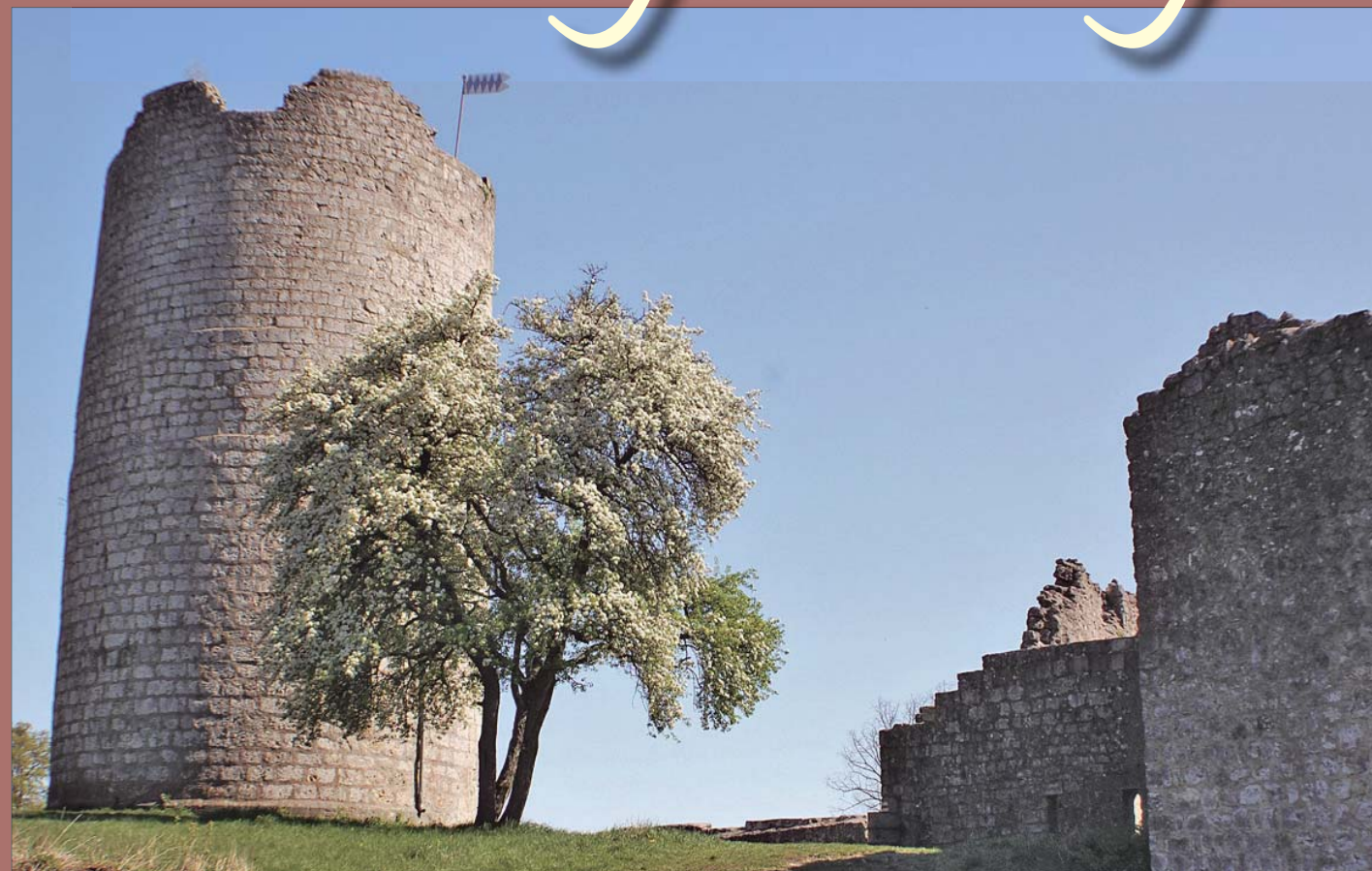
April 29-May 2 – Fruehlingsfest, Festplatz 1,
92318 Neumarkt. www.neumarkt.de.
April 28-May 2 – German American Volksfest, USAG Hohenfels.
May 7-24 – Maidult Fest, Dultplatz Am Europakanal,
93059 Regensburg. www.dult-regensburg.de.
June 11-13 – Altstadtfest, Festplatz 1,
92318 Neumarkt. www.neumarkt.de.
July 31-Aug. 1 – Marktfest, 92287 Schmidmuehlen.
Aug. 6-16 – Volksfest, Festplatz 1,
92318 Neumarkt. www.neumarkt.de.
Aug. 20-24 – Volksfest, Volksfestplatz, 92331 Parsberg.
Aug. 27-Sept. 12 – Herbst-Dult Fest, Dultplatz Am Europakanal,
93059 Regensburg. www.dult-regensburg.de.

Schweinfurt

Now through April 18 - Art exhibition “Beautiful and Ugly –
100 art pieces in the eye of the beholder,” Museum Georg Schaefer,
Brueckenstrasse 20, 97421 Schweinfurt
April 24 - Farmers’ Market, market square, 97421 Schweinfurt
May 7 - Night-shopping, 97421 Schweinfurt
May 14-17 - Wine Fest at Peterstirn, 97453 Mainberg
May 15 - Farmers’ Market, market square, 97421 Schweinfurt
May 9-Oct. 31 - Art exhibition “10th anniversary of Museum Georg
Schaefer – people, faces, stories,”
Brueckenstrasse 20, 97421 Schweinfurt
May 14-23 - 3rd International Vaudeville Festival -
fascinating performances of world famous artists,
Freizeitanlage (outside in tents), 97526 Sennfeld
Program for the 3rd International Vaudeville Festival:
May 14-16 - Spectacular music performances “Musical”, 8 p.m.
May 17, 2 p.m. - “Vaudeville Experiences”
May 18, 8 p.m. - “Magic Moments” magical show
May 20-22, 8 p.m.- “Dirk Denzer’s Water Worlds,”
May 23 - Final Gala – including the highlights of the
festival in a newly staged show, 8 p.m.
May 21-23 - Sachs-Franken-Classic Old Timer Rally,
97688 Bad Kissingen
June 3 - Medieval Fest, Friedrich-Pfister-Park, 97424 Oberndorf
June 4-14 - “Schweinfurter Volksfest” – Carnival,
Volksfestplatz 97424 Schweinfurt
June 5-9 - Spring Market/Fair, Rosbrunnstrasse,
97421 Schweinfurt
June 26 - Farmers’ Market, market square, 97424 Schweinfurt
June 26 - Open Air Concert “Schweinfurt wie es singt und klingt,”
10 a.m.-2 p.m., Rathaus courtyard, 97421 Schweinfurt
June 26-28 - Parish fest, 97421 Schweinfurt-Zuerch
July 4-5 - Parish Fest, 97422 Schweinfurt-Deuschhof
July 10-12 - Parish Fest, 97421 Schweinfurt-Altstadt
July 17 - 18th Honky-Tonk Festival - 40 live bands at various loca-
tions downtown and at the market square, 97421 Schweinfurt
July 17-19 - Parish fest, 97424 Schweinfurt-Gartenstadt
July 23-25 - Beer and wine fest at Martin-Luther-Platz,
97421 Schweinfurt
July 24 - Farmers’ Market, market square, 97421 Schweinfurt
July 30-Aug. 2 - Parish fest, 97424 Schweinfurt-Bergl
Aug. 27-28 - City fest, downtown, 97421 Schweinfurt
Sept. 3-6 - Parish fest, Schweinfurt-Oberndorf
Sept. 4 - Farmers’ market, market square, 97421 Schweinfurt
Sept. 11-12 - Medieval fest at the East city wall, 97421 Schweinfurt
Sept. 11-Oct. 2 - Late Summer Concert – SKF Hall 410,
Ernst-Sachs-Strasse, 97422 Schweinfurt
Sept. 18 - Open Air Concert “Pflasterklang” (Pavement sound)
downtown, 97421 Schweinfurt
Sept. 24-Oct. 3 - UFRA (Lower Franconian Trade Fair),
Volksfestplatz, 97424 Schweinfurt
Sept. 9 - Farmers’ market, market square, 97421 Schweinfurt
Sept. 9, 10 a.m.-5 p.m. - Hafenfest - Show “Walkacts,”
97424 Schweinfurt
Oct. 20-24 - Fall Market/Fair, Rosbrunnstrasse, 97421 Schweinfurt
Oct. 24 - Stores are open on Sunday, downtown, 97421 Schweinfurt
Nov. 6 - Farmers’ market, market square, 97421 Schweinfurt
Nov. 13 - Museum Night at the Museum Georg Schaefer,
Brueckenstrasse 20, 97421 Schweinfurt
Nov. 25-Dec. 24 - Christmas Market,
market square, 97421 Schweinfurt.

For more, visit the City of Schweinfurt Web site, www.schweinfurt.de.
Click on “Kultur & Bildung” on the left menu bar, after the page opens
up click on “Veranstaltungskalender” on the top menu bar. Choose the
desired year and month from the scroll-down menu that appears in the
middle, then pick the desired day from the date sheet right next to it.

Finding local gems ... in your own backyard

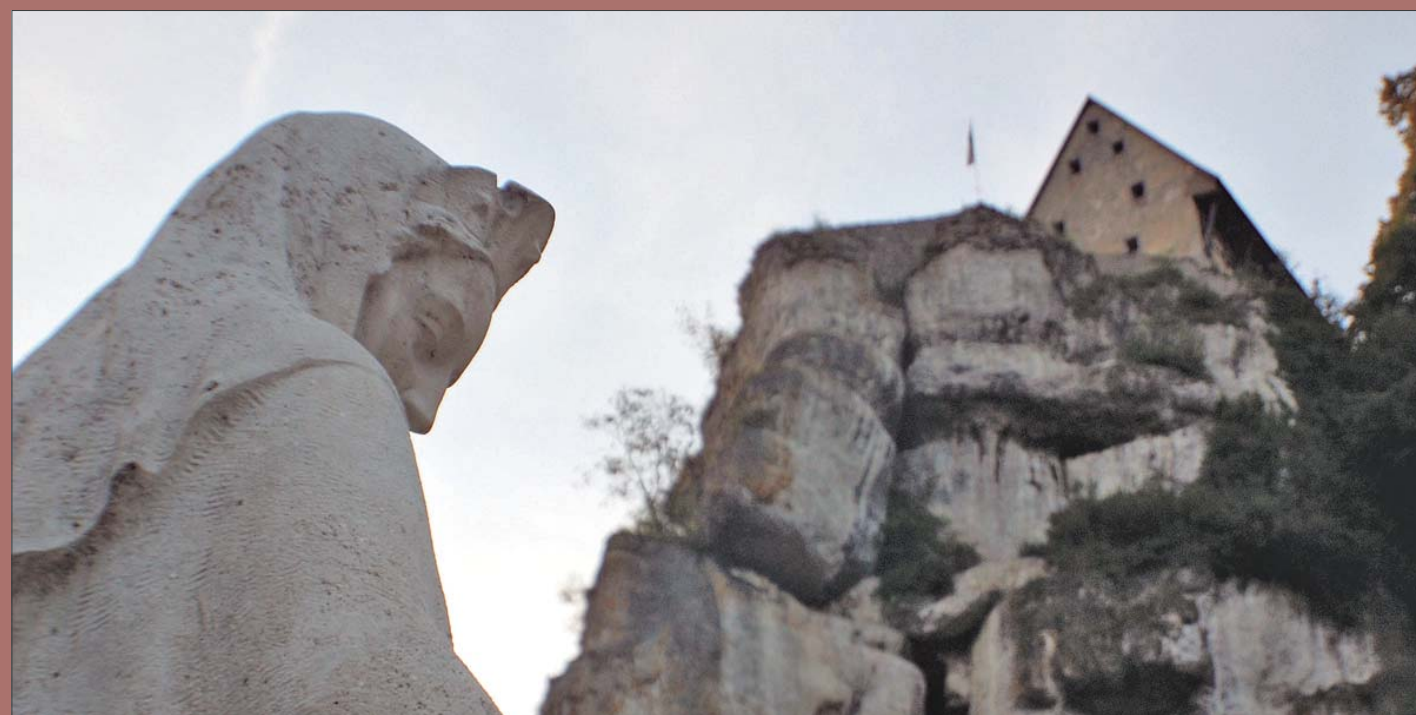


Above: Burg Kallmuenz sits above the town of Kallmuenz inviting visitors to explore. The tower is also a cafe, open on Sundays and public holidays from 1-5 p.m. when the weather is beautiful.

Left: Within the castle walls of Burg Pottenstein, there is a wonderful collection of medieval weaponry to peruse.

Bottom: Burg Pottenstein stands guard above the statue of St. Elisabeth, widow of Ludwig IV, Landgrave of Thuringia. Rumor has it she was the progenitor of the Miracle of the Roses legend.

Below center: Sunsets over Pottenstein and Franconian Switzerland make for a romantic end to a wonderful day of exploring.



**Story and photos by
TRECIA A. WILSON**
Assistant Editor

So you've been stationed in Germany and you want to travel? But where do you go? Everyone tells you, "Go to Berlin and Rome," or "You can't visit Europe without seeing Paris." The list goes on and on.

These trips are wonderful and educational, and when you have the money and the time, visit as many as you can afford.

But what do you do on those rare weekends when you wake up with no previous obligations? The sun is out, the kids are bored and the house is clean (or not). How can you experience Germany without spending a fortune?

No matter what time of year, you'll find many gems in your own backyard while living in Bavaria. It depends, of course, on what you and your family enjoy, but Germans have families very much like our own and you will find them the outdoors, history, music of all kinds and art.

As a photographer, I love getting out and about to photograph everything from buildings to flowers and sports to theatre. I enjoy capturing it all. I have taken my sons (or dragged, as they might say) on many a photo expedition, but now they are grown and I've had to find other people who would accompany me on my treasure hunts. Good friends have become better friends after a few of these jaunts. Here are a few of the diamonds I've discovered while here in Germany.

You definitely won't want to miss the "superstars" that everyone will tell you about, like Berlin, Nuremberg, Munich, Regensburg and Rothenburg ob der Tauber. But don't forget the small towns that are an easy drive away but won't be found in most tourist brochures, like Kallmuenz, Neustadt on der Waldnaab and Pottenstein.

Kallmuenz

Kallmuenz is a great location for artists and art aficionados, photographers, history buffs, hikers, bikers and anglers.

This small community is located at the confluence of the Naab River and Vils River and sits at the base of a mountain with Burg Kallmuenz presiding from atop the cliff.

No matter which direction you drive from, the castle walls will be one of the first things you see as they sit atop the mountain or "Berggruecken" (mountain back) as Germans call it.

As you get nearer, however, the green valley is teeming with wildlife and farm animals. The roads are narrow and one should proceed cautiously, for you never know what wildlife may be in the road around the next bend.

The town is quaint and only has about 3,000 people. As you enter from the east through narrow streets, brightly colored buildings and artwork are everywhere. Some of the best parts of the community are between the buildings. Looking down the alley between buildings you'll discover sweet gardens and collections of gnomes.

Artist Wassily Kandinsky met fellow artist and former fiancé Gabriele Munter in Kallmuenz in 1903. The town continues to be an artists' colony as is obvious by the many art galleries, sculptures and paintings you'll encounter.

The stone bridge that connects the two halves of the community was constructed from 1549 to 1558. It is still in use, however, due to heavy ice conditions in the 18th century, it lost three of its original seven arches.

Getting up to Burg Kallmuenz can be a challenge or a light hike, but either way, it's worth the trip. The vantage point from above is stunning. One route goes almost vertically up the mountain, beginning on the front side of the Burg and winding its way upward to the backside through the trees, with glimpses of the community below as you ascend.

Near the top, the view opens gradually allowing you more and more of the panorama below. As you reach the pinnacle, you are treated to a spectacular image of the green valley below with homes and businesses dotting the landscape. When you arrive it will take your breath away!

It is about 90 kilometers south of Grafenwoehr, about an hour drive.

Neustadt an der Waldnaab

Neustadt is known for high quality crystal. It is the starting point for the Glass Route, but is also great for hiking and camping and bicycling.

Nature buffs will love the 138,000 hectare (532.82 square miles) nature park, which has a wide variety of flora and fauna. The park is also ideal for hiking and bicycling along a 24-mile stretch of trail on the former "Bocktrasse," the former steam locomotives railway.

Neustadt was not always famous for glass making, but thanks to the construction of railways in the mid 19th century, selling of raw materials became easier and more profitable. By the end of the 19th century those railways would also

bring people and raw materials such as coal, which could be used to fire glass.

According to Neustadt's Web site (www.neustadt-waldnaab.de/engl/frameset.htm), the glass companies Schrenk & Company (later called Osram), Nachtmann and Tritschler, Winterhalter & Company began there and hundreds of employees from the Bavarian Forest came to Neustadt and to the Upper Palatinate with their families to work at their factories.

The Nachtmann glass factory is all that remains after years of tyranny and economic depressions, but Neustadt begins the Glass Route that continues to Passau and the Bohemian crystal legacy continues.

Neustadt boasts an old and new castle and many fine shops. There are also wonderful annual events including a volksfest and outdoor music soirees. For more, see their Web site at www.neustadt-waldnaab.de.

Pottenstein

Another Bavarian gem is the village of Pottenstein, in the heart Little Switzerland. This beautiful spot boasts a number of wonderful sights including Pottenstein Castle, the Summer Toboggan run and the Devil's Cave. There are also paddleboats, a swimming pool, hiking, miniature golf and camping nearby.

Pottenstein is part of Franconian Switzerland and was named such because of its resemblance to the Swiss Alps region.

The Devil's Cave (Teufelshoehle bei Pottenstein) is a dripstone cave like the famous Carlsbad Caverns in southeastern New Mexico. The cave is 4,900 feet long, the longest in Germany, and according to their Web site, www.teufelshoehle.de, the largest in Franconian Switzerland. It is a wonderful hiking tour which can be done in large or small groups with headsets in English. The cave is damp and visitors should wear a light waterproof jacket and bring a flashlight. The tour takes about one hour to see the numerous geological formations.

Another site is the Burg Pottenstein, or Pottenstein Castle, owned by Ludwig IV, Landgrave of Thuringia. From 1228 to 1229 Saint Elisabeth, widow of Ludwig IV, was held hostage within its walls. She was a kind woman and according to legend, would often sneak food to locals in need. Legend has it that while showing her kindness, she was threatened by Ludwig IV and the eggs and lard in her carrying basket were transformed into beautiful roses. This is considered a local adaptation of the famous Miracle of the Roses.



If you choose to visit the castle, remember photography is not allowed within the castle. The castle has been in renovation for several years and the owners have worked hard to preserve this historical site.

From the castle parking lot, opposite the castle, hikers will find a wonderful, yet steep trail that climbs up to a cement platform. The platform has a plaque with arrows indicating the direction and distance to other towns and villages in the area. Hikers also have the rare treat of overlooking the winding roads below. Be sure to take a camera because the view is spectacular!

Germany is a veritable goldmine of tourist destinations, and Bavaria boasts a number of great locations for quick day or overnight trips that will keep the kids happy or allow you that much needed romantic time away. When you look closely, you'll find towns, both and small large, that will make you wonder why the brochures didn't mention them – and then you'll be glad they didn't.

Above right: Kallmuenz is an artist's paradise.

Right: Stalagmites inhabit the cave called the Devil's Hole.

Below: The Stone Bridge over Naab River in Kallmuenz .



Tutoring fills in learning gaps

Continued from page 6

sessions are recorded and reviewed for quality control.

Study Strong provides live tutors where students can bring a question to a tutor and, yes, the tutors are real people, subject matter experts, ready to provide help. Answers are never given. Instead students are given the support and instruction needed to learn the material. All sessions are anonymous, students only know a tutor’s first name and last initial and tutors only know the student’s grade and subject chosen for help.

Study Strong contains access to live tutors, and a collection of educationally sound, vetted self-help homework resources arranged by topic and searchable by keyword.

Tutors match their tutoring style and the pace of the lesson to meet the needs of the student. Tutors never do the work for the student, but provide the instruction and support needed as students do the work themselves. At the end of each session, the tutor ensures the student has a complete

understanding of the topic.

The service is always open and available, 24 hours a day, 7 days a week. Study Strong tutors can help students in kindergarten to 12th grade, students in college or community college, and adults going back to school or needing a refresher on a subject matter question, studying for the GED, taking the citizenship test or even writing a resume. It is available through the Internet via browsers including Internet Explorer, Firefox and Safari, with the use of Microsoft Silverlight.

To gain access to Study Strong, go to www.myarmyonesource.com/cyss_tutor. First time users must register with www.myarmyonesource.com and receive the password they’ll need to login into the Study Strong.

Once registered, students will be able to login via www.myarmyonesource.com/cyss_tutor.

For more information about Study Strong and many other education and transition resources, contact your local school liaison transition specialist.



Photo by Angelica Medina

Vilseck Elementary students wait to be served lunch at Vilseck Elementary’s “Dining at the Ritz.” The candlelight luncheon recognizes students who improved the most academically or made the highest academic achievement during the quarter. The school hosts three luncheons throughout the year, giving students ample opportunity to attend. For more on this event and other programs at your child’s school, contact the school directly or your school liaison officer.

Education options abound

Continued from page 6

Army tuition assistance is available to all eligible Soldiers to fund course costs. Each fiscal year, a Soldier receives \$4,500 that can be used to pay college tuition and fees. The only out-of-pocket cost incurred by Soldiers is the cost of books and any matriculation fees that may be charged by the college or university.

For more information, contact your local education center.

University of Maryland

In addition to the numerous programs offered, education counselors form numerous universities and colleges are onsite to provide the resources needed for obtaining a degree or certificate.

University of Maryland University College offers bachelor and associate degrees, along with numerous graduate programs.

Specialized certificate training in foreign language, computer skills and many other areas is also available. This certificate provides students with the education to fulfill a certain area of expertise and credit hours earned are applied toward a higher degree if desired.

All degree programs offer onsite and online classes to suite the schedule of the busy military community member.

Additionally, hybrid classes offer a flexible schedule combining classroom education and home-based education, allowing students to work at their own pace.

“Our programs are very flexible and allow every member of the family to obtain a degree at their own pace,” said Rachael Eshelman, Field Representative for University of Maryland University College, Grafenwoehr Army Education Center. “With onsite classes, students get more face-to-face time with our instructors, allowing them an invaluable experience of getting the direct guidance they need, while the online courses offer the flexibility needed for those who feel they are too busy to continue their education.”

The University runs eight-week courses with five terms a year. For more information, contact your local education center or visit www.umuc.edu.

University of Phoenix

The Military Division at University of Phoenix understands the needs of military students. Through the online program, students will experience personalized support in an accessible degree program.

The accredited university has curriculum that is designed in collaboration with industry experts. From business and criminal justice to nursing and education, these courses have meaning and real-world relevance.

Additionally, graduate programs are offered with both onsite and online classes available for the military community through Germany. Special tuition rates for active members and

their spouses may apply.

Regardless of station, students have the freedom to earn a college degree no matter where their headed in life.

For more information, contact your local education center or visit www.phoenix.edu.

Central Texas College

Central Texas College specializes in vocational and technical programs offering “hands-on” training in numerous fields including automotive and criminal justice.

With nearly 40 years experience working with military personnel, they understand the unique challenges many Soldiers and family members face.

“If a specific skill is desired, we have the resources for (Soldiers and family members) to get the hands on training that specifically fits their needs” said Chuck Sligh, field representative for Central Texas College, Grafenwoehr Army Education Center. “But often this is a stepping stone for higher education.”

Sligh explained the associate degrees offered through Central Texas College can be transferred towards a bachelor’s degree at participating universities for those wishing to continue their education.

“For some, thinking about completing a four year degree can be daunting,” said Sligh. “Our program gives them the guidance they need to realize they can achieve their immediate educational goals and the confidence they need to continue.”

Additionally, depending on rank and military occupation, Soldiers may be eligible for up to 49 credit hours toward a degree.

For more information, contact your local education center or visit www.ctcd.edu.

University of Oklahoma

For higher education options, University of Oklahoma has what students need. The onsite program offers a masters in human relations and a masters of arts with an emphasis in international relations. Additionally, a Ph.D. in organization leadership is available.

The mission of the University of Oklahoma is to provide the best possible educational experience for students through excellence in teaching, research and creative activity, and service to the state and society.

For more information, contact your local University of Oklahoma field representative or your local education center.

In addition to the aforementioned education choices, Soldiers, family member and civilians can avail themselves of numerous courses offered by online colleges and universities throughout the world. Education center testing offices provide test proctoring services to those who are enrolled in online courses and are required to take proctored exams.

Call your local education center to jumpstart your vehicle on the road to learning.

School Contact Information

Ansbach

Ansbach Elementary School
Katterbach Kaserne
Contact: DSN 467-2628
CIV 09802-7657
www.ansb-es.eu.dodea.edu

Illesheim Elementary School
Storck Barracks
Contact: DSN 467-4731
CIV 09841-83-4731
www.ille-ems.eu.dodea.edu

Rainbow Elementary School
Storck Barracks
Contact: DSN 468-7806
CIV 0981-15984
www.ansb-ems.eu.dodea.edu

Ansback Middle/High School
Katterback Kaserne
Contact: DSN 467-2808
CIV 09802-83-2808
www.ansb-hs.eu.dodea.edu

School Liaison Officer,
USAG Ansbach
DSN 476-2098, CIV 09802-83-2098

Garmisch

Garmisch Elementary/Middle School
Contact: DSN 440-2611/2758
CIV 088217-50-2611/2758
www.garm-es.eu.dodea.edu

Minich International School
(Garmisch high school students)
Contact: DSN 476-2554
CIV 081513-66-203
www.mis-munich.de

School Liaison Officer,
USAG Garmisch
DSN 440-2393

Grafenwoehr

Netzaberg Elementary School
Contact: DSN 472-9184
CIV 09645-917-9184
www.netz-es.eu.dodea.edu

Grafenwoehr Elementary School
Contact: DSN 475-7133
CIV 09641-83-7133
www.graf-es.eu.dodea.edu

Vilseck Elementary School
Contact: DSN 476-2812

CIV 09662-83-2812
www.vils-es.eu.dodea.edu

Netzaberg Middle School
Contact: DSN 472-9229
CIV 09645-917-9229
www.netz-ms.eu.dodea.edu

Vilseck High School
Contact: DSN 476-2554
CIV 09662-83-2554
www.vils-hs.eu.dodea.edu

School Liaison Officer,
USAG Grafenwoehr
DSN 475-1770, CIV 09641-83-1770

Hohenfels

Hohenfels Elementary School
Contact: DSN 472-9184
CIV 09645-917-9184
www.hohe-es.eu.dodea.edu

Hohenfels Middle/High School
Contact: DSN 476-2554
CIV 09662-83-2554
www.hohe-hs.eu.dodea.edu

School Liaison Officer,
USAG Hohenfels
DSN 466-2783, CIV 0947-83-2783

Schweinfurt

Schweinfurt Elementary School
Contact: DSN 354-6734
CIV 09721-81893
www.schw-es.eu.dodea.edu

Schweinfurt Middle School
Contact: DSN 354-6813
CIV 09721-804301
www.schw-ms.eu.dodea.edu

Bamberg High School
Contact: DSN 469-7630
CIV 0951-300-7630
www.bamb-hs.eu.dodea.edu

School Liaison Officer,
USAG Schweinfurt
DSN 354-6057, CIV 09721-96-6057

Bavarian District Superintendent

Contact: DSN 468-7429
CIV 0981-183-429
www.bav-dso.eu.dodea.edu

CYSS offers programs for every need

by ANITA PAYNE-LANDGRAF
Special to the Bavarian News

Child, Youth and School Services has a new name and a renewed focus on home-school support and school transition services.

CYSS offers programs and services for children and youth from 6 weeks through 18 years, including youth programs, instructional programs, team sports and individual sports and fitness.

The Child Development Center offers full day care for infants through preschool, part-day preschool and hourly care. Using the “Creative Curriculum” as a planning tool, CDC staff develops activities that teach children basic skills through play. For children entering kindergarten in school year 2010, CDCs offer an academic-based prekindergarten program. The Army’s “Strong Beginnings” program is offered at the Grafenwoehr, Netzaberg and Rose Barracks CDCs to prepare children for kindergarten. Activities focus on prereading and premath skills as well as social-emotional development and creative arts.

German and American preschool teachers merge cultural activities to teach children language, songs, games and the arts from both perspectives. CDCs offer before and after-school programs for kindergarten children as well as those attending DoDEA’s Sure Start and Developmental Preschool.

The School-Age Centers offer before and after-school programs for children from first through fifth grade. SAC programs are also open to children during school breaks and in the summer.

Summer Camp features field trips, bowling and exciting outdoor activities. During the school year, SAC provides a homework lab and a youth technology lab in addition to Boys & Girls Clubs of America and 4-H Club activities. Both the homework and technology labs are staffed with trained instructors who are available to help with school assignments and projects. The technology lab is equipped with communication equipment to help youth keep in touch with family members downrange.

The new Venture Point program includes Edge! and Hired! The Edge! Program offers out-of-school opportunities for children and youth to experience, develop, grow and excel by participating in art, fitness, life skills and adventure activities.

The Hired! Apprenticeship Program provides 15-18 year-old youth with meaningful, professionally-managed career-exploration opportunities in the community. It includes paid work experience and training to better equip each participant with the skills needed for a highly-competitive job market.

Youth centers are open after school and on Saturdays for youth in the sixth through 12th grades. CYSS staff focuses on programs and activities that build leadership skills encourage volunteerism and prepare youth for college and careers. A technology specialist and homework instructor is on staff to assist youth in developing their computer skills and educational research skills as well as help with homework.

All Youth centers are equipped with game tables, large screen TVs and a wide variety of games, making it a great place to “hang out” with friends. The Netzaberg Youth Center is conveniently located beside the middle school and features the Army’s newest design concepts. The facility is also used for Youth Sports and SKIES Programs. CYSS offers supervised activities for home schoolers at the Netzaberg Youth Center four times a month. The Rose Barracks Youth Center is a short walk from the high school and offers a variety of programs to support youth development.

Youth Sports and Fitness relies on volunteer coaches to offer team sports. In addition to team sports, Youth Sports and Fitness offers skills camps and individual sports and fitness activities. Many of the health and fitness activities are offered in the SAC and Youth programs, so parents don’t have to transport children to another activity.

CYSS Outreach Service coordinates special openings at unit request for unit functions, FRG meetings and respite as well as deployment support services. Outreach Services includes Parent Central Services, Youth Education and Support Services, and SKIES Unlimited.

Our School Liaison and Transition Specialist is available to families for help with ensuring children make smooth transitions as they move from school to school. She also coordinates the Teen Council and youth sponsorship program.

SKIES Unlimited contracts with instructors to offer classes in four schools: arts, recreation and leisure; academic skills, mentoring and intervention; life skills, citizenship and leadership; and sports, fitness and



Photo by Kristin Bradley

Hohenfels High School junior Christina Robinson uses an engraving machine to transfer a design she created onto wood. Robinson works at the arts and crafts center for part of the school day for Career Practicum, a program matches students with work study positions throughout post.

health. Whether your child is interested in ballet, taekwon-do or yoga, SKIES Unlimited has something for every child and youth.

All CYSS programs use the “Character Counts!” curriculum to teach children the six pillars of character: trustworthiness, respect, responsibility, fairness, caring and citizenship. These concepts are integrated into every area of the curriculum in each of our programs.

Parent involvement is key to the success of any program for children and youth. CYSS involves parents through Parent Advisory Councils and other committees.

Parents can earn “participation points” that can accumulate toward fee discounts in our programs. CYSS also offers Parent Education classes on a variety of topics.

The Army Family Covenant provides fee discounts and free respite care for families who meet deployment eligibility criteria. If your Soldier is in the deployment cycle, contact one of our Parent Central Services locations for more information. Garmisch Child, Youth and School Services honors the AFC discounts, so if you are traveling to Garmisch for work or fun, CYSS is available to you at the same discounted rates as in your home community.

CYSS encourages all parents to register with Parent Central Services and take advantage of the many programs and services for children and youth in our community.

Businesses in Germany have requirements

Continued from page 13

business will be subject to taxation by German Finanzamt. This process will also assign a German tax identification number for yourself (called a *Steuernummer*).

You will need to prove that your business is properly registered in Germany; this is usually done with a copy of the local *Handelsregister*. *Handelsregister* coordination is also initiated by the Rathaus based on your business registration. And finally you will need a copy of any other documents or licenses required by the German government. Since this is a home-based business you will likely need a *Reisegewerbekarte* which is a license to conduct a business in Germany without a permanent local office. You may also need a *Führungszeugnis*, which is a statement of good standing with the German authorities.

The final documents you will need are a copy of any standard contracts you may use, a catalog or list of the goods and services you plan to offer and a signed statement that you will not modify your government-owned or leased housing to suit your business.

Once you’ve gathered all that paperwork, submitted your application and received approval to operate, it is important to keep a few rules in mind. Remember:

- Almost all business-related income must be reported to both the German and the American tax authorities.

- You may not use tax free gasoline or a USAREUR plated POV to conduct business activities. For example, child care providers normally may not use a POV to transport children.

- The military postal service may not be used to send or receive any business-related materials or correspondence.

- Business owners may not use their NATO SOFA privileges to import or export merchandise, advertising materials or other business-related materials.

- You may not use Family and Morale, Welfare and Recreation facilities, such as photo or craft shops to support your business.

- You may not use any item purchased in the PX or commissary (such as a laptop computer or baking supplies) to operate your business.

- You may not use VAT forms for any item used in your business.

- You may not store merchandise in your government quarters or use your quarters as a showroom.

Despite what may seem like a lot of rules, operating a legal home-based business in Germany is possible. The first step on the road to success is to contact the Commercial Affairs Officer at 475-6753. Good luck with your business.

Editor’s Note: Jess Hofberger is an administrative law attorney at the 7th Army Office for the Staff Judge Advocate.

FRGs keep you connected

Continued from page 4

Another way to get this information is to go to Army Community Service. ACS knows most of the units at their garrison and can help you find out which FRG you should be part of. It is important to know what unit your Soldier is in and what your Soldier does in the Army. What is his job description?

The Army has also established a virtual FRG Web site www.armyfrg.org. This site has a site tour along with many tools to help spouses navigate through their FRG.

Many spouses find themselves at a loss in the Army. Their spouse has just joined the Army and they have been sent to this new station immediately after basic training. As a result, the Soldier still doesn’t know how the Army operates and so they can’t share it with their spouse. It is common to arrive at your Soldier’s new location and he or she leave within a month. Now it’s up to the spouse to learn to survive on their own.

“My goal as an FRG leader is to empower these spouses to be able to coexist with each other in a group when their Soldier is gone,” said Snyder.

Good FRGs provide Army spouses with the tools to survive when their spouse is deployed. Keeping everyone in the loop is important and FRGs are just one of the ways the Army achieves this. For more, contact your Soldier’s unit first sergeant or visit your garrison homepage.

Religious Centers continued from page 18

Schweinfurt (cont.)

Conn Chapel and Mobilization Support Chaplain

Conn Barracks, Bldg. 14,
Mon-Fri, 8 a.m.-4:30 p.m.
DSN 354-8620
CIV 09721-96-8620

Chaplain Family Life Center

Bldg 444,
Abrams Entertainment Center
Mon-Thurs, 8 a.m.-4 p.m.
and Fri, 8 a.m.-3 p.m.
DSN 354-6135
CIV 09721-96-6135

On-Call Chaplain

Call the Installation Operations Center
24 hours a day
Ledward Barracks, Bldg. 206
DSN 354-6708
CIV 09721-96-6708

Military Council of Catholic Women

Meetings Fridays, 10-11 a.m.,
Ledward Chapel, Room 205
First Friday of the month, 6 p.m.,
Ledward Chapel, Fellowship Hall (with potluck)
For more, e-mail MCCWSchweinfurt@yahoo.com

Protestant Women of the Chapel

Bible Study Mondays, 6-7:30 p.m.,

Ledward Chapel, Fellowship Hall
Bible Study Wednesday, 9-11:30 a.m.,
Ledward Chapel
For more, e-mail Schweinfurt@pwoc.org

Sunday Church Services

Catholic Services
Ledward Chapel, USAG Schweinfurt
Sunday, 11 a.m. - Mass

Protestant Service

Ledward Chapel, USAG Schweinfurt
Sunday, 9 a.m.

Gospel Service

Ledward Chapel, USAG Schweinfurt
Sunday, 12:30 p.m.

For more information about further
weekly services and prayer groups,
visit the Schweinfurt Web site,
www.schweinfurt.army.mil,
or call DSN 354-1370,
CIV 09721-96-1370.

Vilseck

Rose Barracks, Bldg. 218
Mon-Fri, 7:30 a.m.-noon,
12:45-4 p.m.
DSN 476-3346/1570,
CIV 09662-83-3346/1570

Catholic Congregation – Vilseck Chapel

Catholic Confession - In the BSC
Sun., 11–11:15 a.m.
Sunday Mass, 11:15 a.m.–12:15 p.m.
Sunday Catholic CCD, 12:30 – 1:45 p.m.
Wed & Thurs Mass, 12:15 p.m

Protestant Congregation – Vilseck Chapel

Sunday Service, 9-10 a.m.
Sunday School, 10:20 – 11:20 a.m.
Episcopal/Lutheran Congregation
Vilseck Chapel #2 (Liturgical)
Worship, 10:30–11:30 a.m.

Seventh Day Adventist Congregation

Vilseck Chapel #2
Saturday Study Hour, 10 –11 a.m.
Saturday Worship, 11-noon

Wisconsin Evangelical Lutheran Congregation

Every 3rd Saturday of the month, worship
9:30 a.m.- 2:30 p.m.

Additional Opportunities

Protestant Women of the Chapel
9-11:30 a.m., Bible Study Tues, free child care
MCCW Bible Study
2nd and 3rd Wed (Vilseck) free child care

Vilseck Men of the Chapel

Breakfast, praise, worship and study, 8-10
a.m., 2nd and 4th Saturday each month.

Dental services ensure ‘teeth last a lifetime’

Continued from page 9

with UCCI, therefore helping the patients to get the care they need and minimizing the problems involved with claim filing. The verified dentists have not signed an agreement; will probably ask for the payment for care at the time of service, and then the patient would need to file their claim with UCCI.

Currently some 140 dentists in Germany have agreed to be “preferred dentists.” There are numerous preferred dentists listed in Bavaria with practices that are very similar to practices in the United States. Most of the listed host nation providers have modern offices; they are well trained and use some of the latest equipment and materials that are available to the dental profession.

The TDP is a great benefit for our military family members, both in the United States, and especially in the overseas areas. If you have questions or would like to discuss the provider network or other related TDP issues feel free to contact the Tricare Europe Dental Office at 49 (0)6302-67-6358 or at DSN 496-6358.

Retirees are eligible to enroll in the Enhanced - Overseas Tricare Retiree Dental Program (TRDP) that is sponsored by Delta Dental Plans. Information concerning the TRDP is available at their Web site at www.trdp.org.

Scheduling an appointment

Active duty members should call the clinic to schedule their appointments. Spouses may also schedule appointments for their active duty sponsor.

Cancelling an appointment

We encourage anyone with an existing appointment to cancel 24 hours in advance if they are unable to keep that appointment. This allows us to reschedule that time for another patient in need. Failure to keep an appointment decrements resources and prevents someone that needs care from receiving that care.

Invest in your children’s dentition

In spite of the dramatic reduction in caries in the overall population since World War II, the most common chronic childhood disease is still dental caries, which afflicts 57 million of our children, making it five times more common than asthma and one of the most common causes of

missed school days. The incidence of caries, 50 percent in midchildhood, has remained the same for a number of years despite the availability of recognized preventive measures.

Tooth decay (dental caries) affects children in the United States more than any other chronic infectious disease. Untreated tooth decay causes pain and infections that may lead to problems; such as eating, speaking, playing, and learning. The good news is that tooth decay and other oral diseases that can affect children are preventable. The combination of dental sealants and fluoride has the potential to nearly eliminate tooth decay in school-age children.

To avoid pain and discomfort, decayed primary teeth need to be restored, particularly molars in children ages 6 to 8 years. Retention of primary molars until they fall out normally (age 10 to 12 years) allows adequate dental arch space for the eruption of succeeding permanent premolars and avoids the tipping forward of first permanent molars, possibly creating serious orthodontic problems.

Carious permanent teeth should be repaired promptly so that fillings may be kept small and as much natural tooth as possible conserved. Often, fillings have to be replaced several times during life; each time, additional tooth structure has to be removed, weakening the tooth. Preventing the initial cavity by appropriate use of fluorides and sealants is preferable to restoring the tooth after disease has occurred.

Ensuring “teeth last a lifetime”

Here are some things you can do to ensure good oral health for your child:

- Encourage your children to eat regular nutritious meals and avoid frequent between-meal snacking.
- Protect your child’s teeth with fluoride.
- Use a fluoride toothpaste. If your child is less than 7 years old, put only a pea-sized amount on their toothbrush.
- If your drinking water is not fluoridated, talk to a dentist or physician about the best way to protect your child’s teeth.
- Talk to your child’s dentist about dental sealants. They protect teeth from decay.
- If you are pregnant, get prenatal care and eat a healthy diet. The diet should include folic acid to prevent birth defects of the brain and spinal cord and possibly cleft lip/palate.



Courtesy photo

Pfc. Nichols Davis cleans a young patient’s teeth at the Bavaria Dental Activity in Grafenwoehr. Tooth decay affects children in the United States more than any other chronic infectious disease.

BMEDDAC streamlines health care procedures

Continued from page 8

soon as possible to ensure that Tricare will cover all costs. If you do not have Tricare, you can get started on your billing paperwork.

Scheduling an appointment

Scheduling a health care appointment in Bavaria can be done two ways. You can call the clinic’s appointment line and speak to a healthcare representative or you can make your own appointment using Tricare Online.

Visit www.tricareonline.com and register for a username and password. Once registered, you have the ability to schedule your medical appointments 24 hours a day, seven days a week using the Tricare Online site. For quick and easy scheduling, BMEDDAC recommends using Tricare Online.

Preferred Provider Network

As a result of the ongoing need for specialty care, BMEDDAC health clinics routinely refer patients to the

Preferred Provider Network in Bavaria.

The PPN is a network of German health care physicians who see our patients. They are general physicians as well as specialists in every field, such as OB/GYN, pediatrics, radiology, neurology, orthopedics and oncology. Their medical qualifications are screened and we make periodic visits to their office or hospital.

Tricare Prime patients are eligible to see physicians who are at the top of their field and often the head of their particular medical department. While some of the clinic or hospital staff may not speak English, most do and all physicians must speak English to be in our network.

BMEDDAC has approximately 375 doctors in the PPN and the number continues to grow. Outpatient, inpatient, and emergency care are provided by about 20 local hospitals in the communities surrounding the seven health clinics in the BMEDDAC footprint.

If a health clinic provider decides to refer you to a doctor in the PPN, the provider will enter a consultation request to authorize care. Next, you will see the Tricare advisor located in the clinic who will schedule your appointment. The advisor will also provide you with a referral for that episode of care, directions and contact numbers for the PPN.

The Tricare advisor will counsel you on benefits and give you the required forms for your appointment. If you can’t make your appointment, contact the PPN and reschedule. You can reschedule directly for that specific referral without contacting Tricare for another authorization.

Visits to the PPN are part of Tricare Prime and the PPN will submit the bill directly to Tricare. If you happen to receive a bill, bring it in to the Tricare advisor for assistance. If your care requires you to spend time in a German hospital, Tricare Prime will also cover your stay and the costs of your care.

You will most likely share a room. If you’d like a single room, it is not covered by Tricare Prime and usually costs around 50 euros per day.

Patient liaisons

Patient liaisons help smooth the way during a stay in the German hospital. Liaisons are fluent in German and English. They are well-acquainted with local hospital staff and know the medical system procedures.

Expect a patient liaison to make contact with you daily, including weekends. On their first visits with you, they will provide a booklet with basic information on what to expect. They are also there when you are discharged to make sure you understand your instructions for care at home and that you have the necessary prescriptions.

If you have to visit a German emergency room, make sure you call your local patient liaison. They are on-call 24 hours a day, seven days a week,

and can notify the clinic that you’re in the emergency room.

Pharmacy

Each of the seven health clinics has a pharmacy. The pharmacies can fill prescriptions written by providers at the health clinics. Prescriptions that are written by a German physician can be filled if the medication is part of the pharmacy’s formulary and is written in the American format. For formulary information and instructions to give your German doctor, stop by your health clinic’s pharmacy.

If the German prescription is not part of the health clinic’s formulary or not written in the American format, it must be filled by the German Apotheke. You will need to pay for your medication upfront and Tricare will reimburse you. Prior to filling the prescription, contact the Tricare service center to ensure the medication is covered. Reimbursement usually takes four to six weeks to process.

Grafenwoehr a great place to live and work

Continued from page 2

One Community

The Grafenwoehr military community is one of excellence. Our team consists of every tenant unit and associated staff across our total footprint.

We are a learning and adapting community that takes action to continuously improve ourselves and our surroundings. Our common goal is to be a sustainable community of excellence, and we have numerous forums in which our folks can participate to solve the challenges unique to our overseas based expeditionary Army. We are proud to be “Army Strong.”

100th Anniversary Celebration

In addition to our outstanding services and facilities, our location in Bavaria offers our Soldiers, family members and civilians unique experiences that make an overseas tour special. Beginning June 27, we will recognize the 100th anniversary of Grafenwoehr Training

Area with our German partners with a week of activities that include a Tattoo ceremony, June 30.

Generations of German, American and other partner nation Soldiers have trained here at ‘Graf.’ In 1910, the German government acquired the area known as the Grafenwoehr Training Area and began training forces that eventually saw combat in World War I and World War II. Along with our German partners, we invite you to join our week of activities that culminates with our annual Fourth of July celebration.

I invite you to visit our Web site, www.grafenwoehr.mil, for more information on our fantastic community.

So come join us, and experience why the Grafenwoehr is Europe’s premier installation to live, work and train.

*Col. Chris Sorenson
Commander, U.S. Army
Garrison Grafenwoehr*

Willkommen in Bayern (Welcome to Bavaria)



Art by Tabitha Holzhauser

In addition to the artwork used on the cover, the index on page 2 and the art left, which received an honorable mention, the *Bavarian News* would like to thank the following students from Kevin Anglim’s art class at Vilseck High School for contributing to this special edition: Gabor Kevin Barta, Harmony Comer, Trevor Ross and Jeremy Sullivan.

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